

Stripe Requirements - Yellow Belt

Yellow belt is harder than white belt, therefore you should practice even more. There will be a new form, blocks, kicks and one steps.

The most challenging part of yellow belt is learning how to spin. This is not easy and should be the focus of most of your home practices. Don't forget your basics that you worked so hard to learn at white belt. Taekwondo is like building blocks, each piece is part of a greater whole.

Required Gear for Yellow Belt

- Hand target for class and home
- Taekwondo America front and back patches sewn on your uniform by testing

Stripes

1.) New Blocks

- Double Knifehand Block
- Square Block

2.) Punches

- Jab
- Cross
- Hook
- Uppercut

3.) New Kicks

- Spin Side Kick
- Spin Crescent Kick
- Round Kick (there is no spin in this kick)

4.) Demonstrate the Yellow Belt Form (Dan-Gun)

- Cite the name and number of moves in this form
- Demonstrate entire form

5.) Demonstrate One-Step Sparring Combinations

- One-Steps 1-3 (Kids)
- One-Steps 1-5 (Adults)

