

Yellow Belt Test Requirements - 3 Months

1. Fitness demonstration

Run across the room 10 times
10 Push-ups
10 Jumping Jacks
10 Squats
Sit and Reach (10 seconds)

2. Punching Techniques

(In a Juchum seogi stance)

- **(Han Buhn Jireugi)** Single Punch
- **(Doo Buhn Jireugi)** Double Punch
- **(Se Buhn Jireugi)** Triple Punch

3. Blocking Techniques

- **(Arae Makki)** Low Block
- **(Momtong Makki)** Middle Block
- **(Aulgool Makki)** High Block

4. Kicking Techniques

- Front Kick
- Roundhouse Kick

5. Patterns

- **Gibon 1, 2 & 3**

6. Target Kicking on paddles

7. Board Break

- Hammer fist

8. Korean Terminology

***Note – There can be variations of exercises at the discretion of Master Gibson**
