

Yellow Belt

Congratulations!

Meaning of the Yellow Belt - *Yellow signifies the earth, from which the plant sprouts and takes root as the Taekwondo foundation is being laid.*

As a new yellow belt, you have taken the first step on the ladder to success! As you begin to learn new material, remember to keep practicing your old material. Everything you are learning now will form the foundation for your advanced training in Taekwondo.

You are now ready to build a strong root system: **strong stances**. Practice your basic techniques and develop them to the best of your ability.

Taekwondo developed from a very strong foundation developed over the centuries. Taekwondo is a martial art that utilizes only the weapons of your own body - hands and feet, mind and spirit. In this way, those who train are always prepared as they always carry their weapons with them.

During the 7th century in the Silla dynasty in Korea, martial arts were very important. But the Koreans also recognized the importance of the arts of the mind, and these were equally emphasized. The most elite of their society were young men, known as the Hwa Rang Do, skilled in both mental and martial arts. Over the following centuries, martial arts training was not as emphasized until the early 1900's when the Japanese occupied Korea and forbade the practice of any form of Korean martial arts.

Because the martial arts had a strong root system among the Korean people, some continued to train in secret and were able to keep the martial arts tradition alive in Korea through their dedication and perseverance.

As a Yellow Belt, you will learn three patterns:

1. Song Song
2. Dan Gun
3. Do San

Yellow Belt Patterns

Song Song:

(30 moves, right foot returns)

Song Song means "Imagination." In the initial stage of philosophical development, students must use their imagination to set goals beyond their current limitations and, from this, visualize their achievements in advance. This, in turn, strengthens their belief system to the point that specific goals are possible and obtainable.

Dan Gun:

(21 moves, left foot returns)

Dan Gun is named after the holy Dan-Gun, the legendary founder of Korea in the year 2333 BC.

Do San:

(24 moves, right foot returns)

Do San is the pseudonym of the patriot Ahn Chang-Ho (1876-1938). The 24 movements represent his entire life which he devoted to furthering the education of Korea and its independence movement.

Yellow Belt One Step Sparring Combinations

1st & 2nd Grade Yellow Belt

From parallel ready stance, step back with the right foot into a middle stance, left sides facing

- 1) Step together, making a left leg side kick, step down, feet together, then right foot steps back into the original middle stance;
- 2) Step together, making a left leg round kick, step down, feet together, then back into original middle stance;
- 3) Step together, making a left leg hook kick, step down, feet together, then back into original middle stance;
- 4) Step together, step out into a left front stance while making the right reverse punch, double step back to original middle stance;

Hop change sides, landing in a middle stance with right sides facing and repeat drills.

- 1) Step together, making a right leg side kick, step down, feet together, then left foot steps back into the original middle stance;
- 2) Step together, making a right leg round kick, step down, feet together, then back into original middle stance;
- 3) Step together, making a right leg hook kick, step down, feet together, then back into original middle stance;
- 4) Step together, step out into a right front stance while making the left reverse punch, double step back to original middle stance;

Left foot returns to parallel ready stance.

Tournament Competition will be in two areas: patterns and the one-steps outlined above.

Yellow Belt One Step Sparring Combinations

3rd & 4th Grade Yellow Belt

From parallel ready stance, step back with the right foot into a middle stance, left sides facing;

- 1) Step together, making a double left leg round kick; step down, feet together, then back into the original middle stance.
- 2) Step together, making a left leg hook kick-round kick combination; step down, feet together, then back into the original middle stance.
- 3) Step together, making a left leg side kick, landing in a left front stance while making a right punch; double step back into the original middle stance.
- *4) Step together, making a left leg hook kick; step down with feet parallel and back to your opponent, then execute a right spin side kick; step down with feet parallel and back to your opponent, making the left spin side kick; landing in a left front stance while making a right punch; double step back into the original middle stance.
- *5) Step together, making left leg side kick; stepping down with feet parallel and back to your opponent, execute a right 360 spin heel kick; landing in the original middle stance; step together and step out into a left front stance while making a right punch; execute a left leg round kick; step down, feet together, and double step back into the original middle stance.

Hop change sides, landing in a middle stance and repeat the above drills with right sides facing each other.

Tournament Competition will be in two areas: patterns and the one-steps outlined above.

Testing

Congratulations! You have worked hard and are now ready to test.

Testing is an important part of the CTF teaching program. You must prepare by learning **all your patterns, definitions, and one-steps**. In addition, at Green Belt and above, you will be expected to **demonstrate what you have learned regarding free-sparring**. At Blue Belt and above, you will be expected to **participate in a power demonstration by breaking wood** at each testing. Be sure you have discussed your breaking techniques with your instructor and received approval of your selection prior to the testing. Wood will be provided at the testing.

Come to the testing a little early to allow time to warm up and ask any last minute questions you may have.

Remember, this is a formal occasion and requires that you wear your traditional white uniform!

You will need to register in advance of the testing date. See your instructor to register and pay your testing fee.

Additionally, all white belts and any students whose membership has expired in the Choong Sil Taekwondo Federation will need to complete a CTF membership card and pay the annual membership fee of \$25.00 before they test.

Testing is a very special occasion and a great time to demonstrate to your family and friends how much you have achieved! Be sure to bring them with you to the testing.

Good Luck!

Yellow Belt Testing Goals

Grades 1 & 2

	<u>Completed</u>
I. Attend class _____ times a week	___
II. Learn new patterns	
A) Dan Gun	___
B) Song Song	___
III. One Steps	___
IV. Definitions	
A) Dan Gun	___
B) Song Song	___
V. Review all previous material learned	___
VI. Special Goals:	
_____	___
_____	___
_____	___

Yellow Belt Testing Goals

Grades 3 & 4

	<u>Completed</u>
I. Attend class _____ times a week (Minimum classes between testings - 16)	___
II. Learn new patterns	
A) Do San	___
B) Song Song	___
III. One Steps	___
IV. Definitions	
A) Do San	___
B) Song Song	___
C) Student Oath	___
V. Review all previous material learned	___
VI. Special Goals:	
_____	___
_____	___
_____	___