

Advanced Yellow Belt Skills



<p>Won-Hyo Hyung The Adv Yellow Belt Pattern</p> <p>Green Stripe</p>	<p>Cycle Topic & Korean Terms Found on the Digital Dojang</p>	
<p>Clapper Target Drills 1) Reverse Punch 2) Elbow Strike 3) Outside Crescent Kick 4) Back Leg Front Kick 5) Back Leg Round Kick 6) Front Leg Side Kick</p> <p>Blue Stripe</p>	<p>Combatives (See Below) Suggested to learn them then practice with a partner attacking.</p> <p>Black Stripe</p>	<p>Additional Requirements</p> <ul style="list-style-type: none">• Must be at current rank for at least 2 months

Combatives: (from attacker using forward attack like a punch/grab/push)

- 1) Side step left/right round kick/right backfist/left punch/slide out
- 2) Left outside palm block/right lunge punch/grab attacker/right knee/right knee/shove/slide out
- 3) Left step back/sweeping block/left step forward/left backfist/right inverted knifehand/left step together/
right round kick/slide out

*An Advanced Yellow Belt is ready to test after getting all stripes and when they know all these skills and have met all requirements.