

# Starkville TaeKwonDo

## YELLOW BELT STUDY SHEET

### TERMINOLOGY:

<b>Kick</b>	Chagi	<b>Low Forearm Block</b>	Hardan Palmok Marki
<b>Punch</b>	Chirugi	<b>Middle Punch</b>	Chungdan Chirugi
<b>Block</b>	Marki	<b>Middle Side Block</b>	Chungdan Yop Marki
<b>Stance</b>	Sagi	<b>Ready Stance</b>	Chunbi Sagi
<b>Strike</b>	Taerigi	<b>High</b>	Sangdan
<b>Middle</b>	Chungdan	<b>Low</b>	Hardan

### TECHNIQUES:

Middle Punch  
Reverse Punch  
Vertical Punch  
Back Fist Strike  
Double Spear Finger  
Elbow Strike

Knife Hand Strike  
Low Forearm Block  
High Forearm Block  
Middle Side Block  
Inside Forearm Block  
Front Kick

Roundhouse Kick  
Side Kick  
Knee Kick  
Hook Kick

### CODES:

- Loyalty to God and country
- Obedience to parents
- Honor friendship
- No retreat in battle
- In killing and fighting, choose with sense and honor

### TENETS:

- Courtesy
- Integrity
- Perseverance
- Self-Control
- Indomitable Spirit

### KOREAN:

- 1 – Hana
- 2 – Dool
- 3 – Set
- 4 – Net
- 5 – Tasut
- 6 – Yasut
- 7 – Ilgope
- 8 – Yaudul
- 9 – Ahaul
- 10 - Yul

**Candidate must recite the meaning of and perform the pattern Chon-Ji  
Chon-Ji: (19 movements, 2 kihaps) – Heaven and Earth**

**Candidate for Yellow Belt  
MUST BE ABLE TO TIE BELT**

