

Yellow Belt Requirements

1. All of White Belt Requirements

2. Form:

Form Name.....**Dan Gun.**

Number of Movements.....**21**

Definition.....**Dan Gun is named after Dan Gun, the Legendary Founder of Korea in the year 2333 B.C.**

3. Meaning of the belt:

yellow belt stands for "**gold, an element of the earth**"

4. Red Stripe means no longer a beginner.

5. Terminology:

Front Snap Kick.....**Ap Cha-Ghee**

Side Kick.....**Yuhp Cha-Ghee**

Roundhouse Kick.....**Dol Yul Cha-Ghee**

Jumping Front Kick.....**E Dan Ap Cha-Ghee**

High Block.....**Sang Dan Mak-Ghee**

Low Block.....**Hah Dan Mak-Ghee**

Side Block.....**Yuhp Mak-Ghee**

6. Student Oath:

1. I shall observe the Tenets of Tae Kwon Do.

2. I shall respect Instructors and Seniors.

3. I shall never misuse Tae Kwon Do.

4. I will be a champion of Freedom and Justice.

5. I will build a more Peaceful world.

7. Tenets: a principle, doctrine or belief, held as a truth, as by some group

1. Courtesy- a polite or considerate act or remark.

2. Integrity- honesty, sincerity, etc.

3. Perseverance- to continue a course of action, etc. in spite of difficulty, opposition.etc.

4. Self-Control- control of ones emotions, desires, etc.

5. Indomitable Spirit- not easily discouraged or defeated

6. Victory- success in any struggle.

8. Performance:

Dan Gun Form

10 one Steps

Sparring