




[Home](#)
[About Us](#)
[Karate](#)
[Weapons Club](#)
[Demo Team](#)
[Cardio Karate](#)
[Qi Gong](#)
[Student Resources](#)
[Admin](#)

FREE
Introduction Lesson



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HELP !!

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YELLOW BELT

(7th Gup)

Test Requirements

<p>Techniques:</p> <ol style="list-style-type: none"> 1. Back stance – Inner forearm Block 2. Front stance – Palm Heel 	<p>Kicks:</p> <ol style="list-style-type: none"> 1. Round kick 2. Outer Crescent
<p>One Steps: 7 – 9</p> <ul style="list-style-type: none"> • SEVEN – high block – reverse hand palm heel high and low • EIGHT – outer forearm block – reverse hand elbow / reverse leg knee strike up • NINE – reverse hand low block / reverse leg side kick 	<p>Self Defense:</p> <ul style="list-style-type: none"> • Double wrist grab
<p>Breaks:</p> <ul style="list-style-type: none"> • Palm Heel 	<p>Hyung (Form):</p> <p>Chung Ji [Heaven and Earth]</p> <ul style="list-style-type: none"> • Description / Video
<p>Knowledge:</p> <ol style="list-style-type: none"> 1. Name <u>and</u> meaning of your form 	<p>Terminology:</p> <p>Know the meanings/definitions; not what you do when you hear it:</p> <ol style="list-style-type: none"> 1. Cha Ryut 2. Kukgi Ba Rae 3. Ba Ro 4. Muk YumKumon 5. Kyung Yet

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