

PARK'S MARTIAL ARTS

217 Park Avenue, Long Beach NY 11561 | 516-432-6006
masterpark@parkstaekwondo.com | www.parkstaekwondo.com



YELLOW BELT

BELT MEANING

Purity and infancy in martial arts. The student must develop fundamental skills and discipline.

REQUIREMENTS

<Yellow belt to Orange belt>

1. BASIC STANCES
2. TEN BASIC MOTIONS
3. FORWARD HANDS TECHNIQUE (Teen & Adult only)
4. TEN STEP
5. FORWARD KICKING COMBINATION
6. FALLING TECHNIQUE (NAK BUP)
7. SELF-DEFENSE -
8. FORM – Tae Geyk El Jang (Teen & Adult), Kam Sa Hyung (Child)
9. BREAKING - Roundhouse kick
10. THE 5 PILLARS OF TAE KWON DO
11. SPARRING (one on one)
12. TERMINOLOGY TEST
13. PROMOTION QUALIFICATION-
 - 1) 2 – 2 ½ months & up to 15 classes
 - 2) Instructor's approval

TERMINOLOGY

ENGLISH	KOREAN
Attention	Cha ryot
Bow	Kyung ye
Ready	Joon be
Return	Bar ro
Begin	Shi jak

What do you have to do before entering the do jang (workout area)?

Kneel at the edge and wait to be recognized. Then bow to the flag the instructor(s) and senior belts

THE 5 PILLARS OF TAE KWON DO

RESPECT
HUMILITY
PERSEVERANCE
SELF CONTROL
HONESTY.....SIR