



YELLOW BELT CURRICULUM

POOMSAE	<ul style="list-style-type: none">• Tae guek il jang
KICKING TECHNIQUES	<ul style="list-style-type: none">• Push kick• Side kick• Back kick
SPARRING TECHNIQUE #1	<ul style="list-style-type: none">• Slide forward, slide back• Step forward• Step forward, slide back
SPARRING	<ul style="list-style-type: none">• Light contact sparring
ATTENDANCE	<ul style="list-style-type: none">• 2 Life Coaching Sessions (for students who are under 18 years old)• 12 Training Days
Q & A	<ul style="list-style-type: none">• The student must correctly answer the questions asked by the Master.
PLEDGE	<ul style="list-style-type: none">• As a More Than Medals Student, I train as a lifestyle to honor my parents, respect my seniors and be courteous to all people. I am proud to be a More Than Medals student. I lift up the race and the heritage that I come from. And with all of my abilities, I will serve God, this country, and my fellowmen (Sir/Ma'am)!