
HALF WHITE & HALF YELLOW BELT

Signifies that the future Black Belt's techniques are being laid.

PATTERN

Saju Makgi Four Corner Blocking (Right Side Only)

TECHNIQUES

L Stance

Low Knifehand Block

Middle Inner Forearm Block

Turning Kick with Back Leg

SPARRING

Single blocks stationary

Single blocks with opponents

SELF DEFENSE

- What is a bully?
- Why does a bully act this way?
- How do you know who is a bully?
- What are some of the things bullies say or do?

THEORY

- Preparation and purpose of techniques
- Student Oath (Numbers 1-3)
 1. I shall observe the tenets of Taekwon-Do, Courtesy, Integrity, Perseverance, Self-Control, Indomitable Spirit
 2. I shall respect my Instructors and seniors
 3. I will never misuse Taekwon-Do
- Number of movements in Four Corner Blocking

TEST REQUIREMENTS

24 credits minimum

Report one good thing you did last week

Report one thing you can improve upon

Approval of Parent(s) – child's behaviour at home

Letter from your parent(s), or parent present at the test

Letter from your school teacher