

## Yellow Belt Curriculum

Class points before being eligible for promotion testing: **A minimum 24–36 points, 2–3 classes per week consecutively, are required.**

### Traditional Taekwondo

Technique	Student's Confidence	Mentor Validation	Mentor's Name	Date	Notes
Front Stance (FS)	<input type="checkbox"/>	<input type="checkbox"/>			
Marching Series 2 (FS)	<input type="checkbox"/>	<input type="checkbox"/>			
FS Low Block	<input type="checkbox"/>	<input type="checkbox"/>			
FS Inside Middle Block	<input type="checkbox"/>	<input type="checkbox"/>			
FS Outside Middle Block	<input type="checkbox"/>	<input type="checkbox"/>			
FS High Block	<input type="checkbox"/>	<input type="checkbox"/>			
FS Middle Punch	<input type="checkbox"/>	<input type="checkbox"/>			
FS High Punch	<input type="checkbox"/>	<input type="checkbox"/>			
Taegeuk 1 – Il Jang	<input type="checkbox"/>	<input type="checkbox"/>			

### Footwork and Conditioning

Technique	Student's Confidence	Mentor Validation	Mentor's Name	Date	Notes
Pump Fake	<input type="checkbox"/>	<input type="checkbox"/>			
Twist Fake	<input type="checkbox"/>	<input type="checkbox"/>			
2-Step	<input type="checkbox"/>	<input type="checkbox"/>			
3-Step	<input type="checkbox"/>	<input type="checkbox"/>			

### Strikes

Technique	Student's Confidence	Mentor Validation	Mentor's Name	Date	Notes
Back Kick (BK)	<input type="checkbox"/>	<input type="checkbox"/>			
Counter Kicks (FK,AK,RK,DK,BK)	<input type="checkbox"/>	<input type="checkbox"/>			
3600 Kicks on the ground (FK,AK,RK,DK)	<input type="checkbox"/>	<input type="checkbox"/>			

### Other Skills and Knowledge

Technique	Student's Confidence	Mentor Validation	Mentor's Name	Date	Notes
Theme "Integrity"	<input type="checkbox"/>	<input type="checkbox"/>			
Wood Breaking – Round Kick	<input type="checkbox"/>	<input type="checkbox"/>			
Sparring (with equipment)	<input type="checkbox"/>	<input type="checkbox"/>			