

Yellow Stripe 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
Walking Stance (WS)	<input type="checkbox"/>	<input type="checkbox"/>			
Marching Series 1 (WS)	<input type="checkbox"/>	<input type="checkbox"/>			
WS Low Block	<input type="checkbox"/>	<input type="checkbox"/>			
WS Inside Middle Block	<input type="checkbox"/>	<input type="checkbox"/>			
WS Outside Middle Block	<input type="checkbox"/>	<input type="checkbox"/>			
WS High Block	<input type="checkbox"/>	<input type="checkbox"/>			
WS Middle Punch	<input type="checkbox"/>	<input type="checkbox"/>			
WS High Punch	<input type="checkbox"/>	<input type="checkbox"/>			

Footwork and Conditioning

Technique	Student's Confidence	Mentor Validation	Mentor's Name	Date	Notes
Short Shuffle	<input type="checkbox"/>	<input type="checkbox"/>			
Side Shuffle	<input type="checkbox"/>	<input type="checkbox"/>			
Side Switch	<input type="checkbox"/>	<input type="checkbox"/>			
360 Degree Step	<input type="checkbox"/>	<input type="checkbox"/>			

Strikes

Technique	Student's Confidence	Mentor Validation	Mentor's Name	Date	Notes
Round Kick (RK)	<input type="checkbox"/>	<input type="checkbox"/>			
Side Kick (SK)	<input type="checkbox"/>	<input type="checkbox"/>			
Push Kick (PK)	<input type="checkbox"/>	<input type="checkbox"/>			
Step Kicks (FK,AK,RK,SK,DK)	<input type="checkbox"/>	<input type="checkbox"/>			
	<input type="checkbox"/>	<input type="checkbox"/>			

Other Skills and Knowledge

Technique	Student's Confidence	Mentor Validation	Mentor's Name	Date	Notes
Theme - "Courtesy and Respect"	<input type="checkbox"/>	<input type="checkbox"/>			
Wood Breaking - Front Kick	<input type="checkbox"/>	<input type="checkbox"/>			
Sparring (light with no equipment)	<input type="checkbox"/>	<input type="checkbox"/>			