



# REQUIREMENTS TO TEST FOR A YELLOW BELT

## Curriculum

STANCES	HAND	FOOT	SELF DEFENSE	POOMSAE (FORMS)
HANDS UP	1 PUNCH (KIYAP!)	AXE KICK	DOWN BLOCK	KICHO ILL BOO
ATTENTION	2 PUNCH (TAE-KWON)	FRONT SNAP KICK	HIGH BLOCK	
READY STANCE	3 PUNCH (TAE-KWON-DO)	ROUNDHOUSE KICK	OUT TO IN BLOCK	
WALKING	4 PUNCH (P-T-T-C)			
	5 PUNCH (TAE-KWON-DO-SPIR-IT)			

## Q & A / Terminology

AGES 5 - 8	AGES 9 - 12	AGES 13 AND OLDER
<p><b>Q. What do you learn at this school?</b> A. Taekwondo, Sir/Mame!</p> <p><b>Q. What is the name of your school?</b> A. Pacific Taekwondo Training Center, Sir/Mame!</p> <p><b>Q. What is the name of your Master Instructor?</b> A. Master Eric Fermin, Sir/Mame!</p> <p><b>3 Types of Concentration</b></p>	<p><b>Q. What do you learn at this school?</b> A. Taekwondo, Sir/Mame!</p> <p><b>Q. What is the name of your school?</b> A. Pacific Taekwondo Training Center, Sir/Mame!</p> <p><b>Q. What is the name of your Master Instructor?</b> A. Master Eric Fermin, Sir/Mame!</p> <p><b>Q. What is PTTC's school motto?</b> A. "Healthy Body, Strong Mind, Balanced Life!", Sir/Mame!</p> <p><b>7 Home Rules for Children</b></p>	<p><b>Q. What is Taekwondo?</b> A. Korean martial art, Sir/Mame!</p> <p><b>Q. What is PTTC's school motto?</b> A. "Healthy Body, Strong Mind, Balanced Life!", Sir/Mame!</p> <p><b>Student Oath</b></p> <p><b>Terminology: (english - korean)</b> Attention - Char Ee Yut Bow - Kyung Nae Ready Stance - Joon Bee Return - Bar Ro Punching Stance - Joo Joom Sugi Joon Bee Kicking Stance - Pa Chugi Joon Bee</p>