




THE PANTHERS DEN

Yellow Belt – Green Tip Requirements

Grade – 7th Gup Children 8 and under

Form Name	Movements	Definition
DO-SAN 	24	Do-San is the given name of Ahn Ch'ang Ho who spent his life to help Korea to become educated and free.

Minimum Time In Grade: 25 classes

Meaning of Yellow belt: Gold - an element of the ground.

Korean terminology:

- Attention - *Charyot*
- Bow - *Kyung Nae*
- Reverse punch - *Jeerigee*

Free Sparring: Will test skill, attitude and self control against opponent.

Breaking: One target, single board

Student Oath

- I shall observe the tenants of Tae Kwon Do.
- I shall respect instructors and seniors. (Optional)
- I shall never misuse Tae Kwon Do. (Optional)
- I will be a champion of freedom and justice. (Optional)
- I will build a more peaceful world. (Optional)

Explain what it means to “Listen”

Give an example of “Courtesy”

Give an example of “Self-Discipline”

Self-Defense: 3 hand and 2 foot one step techniques