

## 8th kup - Yellow Belt

Yellow belt signifies the earth from which the plant sprouts and takes root - the foundations of Tae Kwon-Do are being laid.

### Yellow Belt Line Work

Name and grade, position 1 (and so on...)

Forwards: left leg, L-stance, twin forearm block.

Backwards: L-stance, inwards block.

Forwards: front snap kick, double punch.

Backwards: L-stance, middle guarding block.

Forwards: turning kick, middle guarding block.

Backwards: L-stance, middle guarding block.

Barrol.

Pattern: Dan Gun.

Barrol.

3-step sparring (numbers 1 to 4).

Barrol.

Questions.