

WU'S TAE KWON DO SCHOOL (CANADA)

#120 FAIRCHILD SQ., 4400 HAZELBRIDGE WAY, RICHMOND, B.C. CANADA V6X 3R8
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YELLOW BELT SYLLABUS

YELLOW BELT (8 GEUP) TO YELLOW GREEN BELT (7 GEUP)

1. Poomsae – Taeguk 1
2. Step Sparring – 5 x Yellow Belt Step Sparring
3. Kicking
 - White Belt Kicking
 - Side Kick, Step Behind Side Kick
 - Jump Front Snap Kick
4. 19 Steps and 5 x White Belt Step Sparring (13 years old and up)
5. Minimum 12 Lessons of Training