

WU'S TAE KWON DO SCHOOL (CANADA)

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YELLOW GREEN BELT SYLLABUS

YELLOW GREEN BELT (7 GEUP) TO GREEN BELT (6 GEUP)

1. Poomsae – Taeguk 2
2. Step Sparring – 5 x Yellow Green Belt Step Sparring
3. Kicking
 - White to Yellow Belt Kicking
 - Back Kick, One Step Forward Back Kick
 - Jump Roundhouse Kick
4. Taeguk 1 and 5 x Yellow Belt Step Sparring (13 years old and up)
5. Minimum 12 Lessons of Training