



# Yellow Belt Requirements

## Techniques

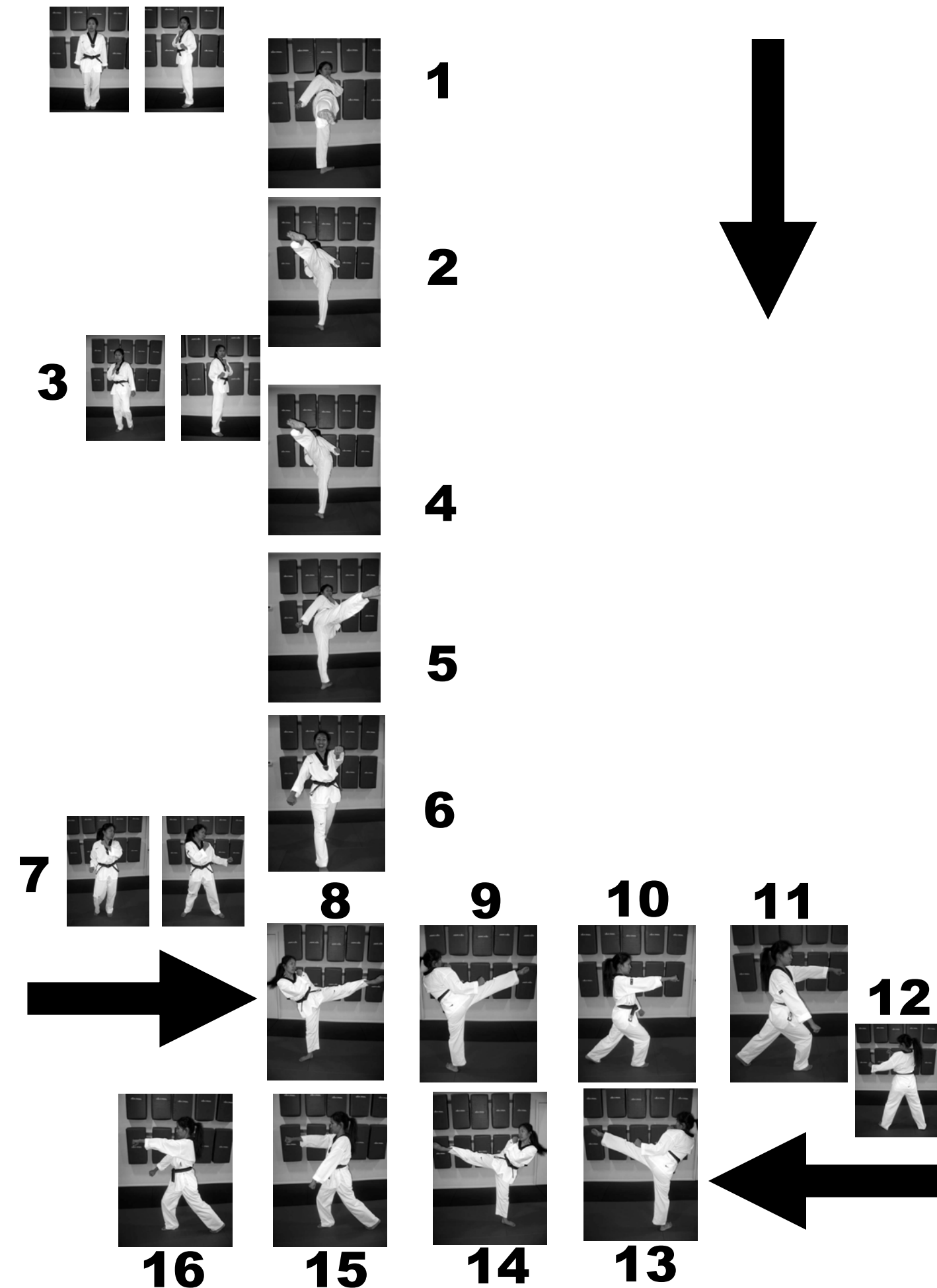
- Front Kick
- Round Kick
- Ax Kick
- Cover Punch
- Double Kick
- Nadabon

## Combinations

- Round Kick-Round Kick
- Round Kick-Ax Kick
- Round Kick Double Kick
- Round Kick Nadabon

## Sunrise Form

1. Chareyut– Attention
2. Choon-bee
3. Step back the Right Leg into Fighting stance
4. Right Round Kick
5. Left Round Kick
6. Step the Left Foot back
7. Left Round Kick
8. Right Round Kick
9. Right Hand Cover Punch
10. Pull the right foot back and Face the left side Left Fighting Stance
11. Lift the front foot Left Apbal
12. Right Leg Round Kick
13. Slide step Right Cover punch
14. Slide step Left Cover punch
15. Turn head 180° and face opposite side the left side Left Fighting Stance
16. Lift the front foot Left Apbal
17. Right Leg Round Kick
18. Slide step Right Cover punch
19. Slide step Left Cover punch
20. Pull the Right foot back and end in Fighting stance





**1**  
Right Round Kick



**2**  
Left Round Kick



**3**  
Step back Fighting Stance



**4**  
Left Round Kick



**5**  
Right Round Kick



**6**  
Right Hand Cover Punch



**7**  
Step back Fighting Stance



**8**  
Left Apbal



**9**  
Right Round Kick



**10**  
Right Cover Punch



**11**  
Right Cover Punch



**16**  
Left Cover Punch



**14**  
Right Round Kick



**13**  
Left Apbal



# Sunrise Form



**12**  
Fighting Stance

