



KICKSIDE
MARTIAL ARTS

SENIOR YELLOW BELT Stripe Requirements

1st Black Stripe:

1. Perform Do-San to the first Kiap, without assistance
2. Demonstrate a Double Round Kick
3. Recite the name of the Form
4. Good Attendance
5. Consistent Effort

1st Green Stripe:

1. One Step #1 and #2, without assistance
2. Good Attendance
3. Consistent Effort

2nd Black Stripe

1. 17 combinations of Do-San, without assistance
2. Demonstrate an Spin Crescent Kick
3. Good Attendance
4. Consistent Effort

2nd Green Stripe:

1. One Step #3 (adults #3 and #4), without assistance
2. Self Defense, without assistance
3. Good Attendance
4. Consistent Effort

3rd Black Stripe:

1. Demonstrate all 24 movements of Do-San, without assistance
2. Explain meaning of Co Man and Bahro
3. All required knowledge of Do San
4. Good Attendance
5. Consistent Effort

To Earn a Green Belt

Students must be able to perform all skills listed above upon request.

Minimum of 30 classes.

Positive attitude towards fellow students and instructors.

Student must achieve personal best at this level.

All Techniques must demonstrate control and target area.



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SENIOR YELLOW BELT Study Guide

Senior Yellow Belt

Form: Do-San

Meaning of Do-San: Do-San was known as the educator of Korea. The 24 movements in the form represent the 24 years he spent furthering the education of Korea.

Number of Combinations: 24

Korean Translations:

Co Man: Stop

Barho: Ready Position