



KICKSIDE
MARTIAL ARTS

YELLOW BELT Stripe Requirements

1st Black Stripe

1. Perform Dan-Gun to the first Kiap, without assistance
2. Demonstrate a 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. Demonstrate 12 combinations of Dan Gun, without assistance
2. Demonstrate a Jump Front Kick
3. Explain the meaning of a Yellow Belt
4. Good Attendance
5. 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 20 combinations of Dan Gun, without assistance
2. All Knowledge of Dan Gun
3. Good Attendance
4. Consistent Effort

To Earn a Senior Yellow Belt

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

Minimum of 26 classes.

Positive attitude towards fellow students and instructors.

Student must achieve personal best at this level.



YELLOW BELT Study Guide

Yellow Belt:

Form: Dan-Gun

Meaning of Dan-Gun: This form was named after the legendary founder of Korea in 2333 BC.

Number of Combinations: 20

Cha-Ryot: Attention Stance

Kyung-Nae: Bow

The Color Yellow represents the sun that is needed for the plant to grow.

Three Rules of the Round Kick:

1. Toes on base leg point away from target.
2. Knee must point at target before and after kick.
3. Strike with the top of foot (Instep)