



# TRINITY

MARTIAL ARTS

## REQUIREMENTS FOR YELLOW BELT TO 7<sup>TH</sup> GUP - ADVANCED YELLOW BELT

### Prerequisites:

Yellow Belt or Yellow Belt equivalent.  
Minimum 16 classes.  
Test fee due at test time: \$70.00

### Mental Requirements:

Respect for yourself, your family, the school, and all the students  
Likes coming to class  
Thinks in a positive manner, on and off the training floor  
Does not say negative things about the school or other students

### Basic Kicks:

#4	Stepping Side Kick	<i>Yup Cha Na Ka Ki</i>
#5	Stepping Back-heel Kick	<i>Dwi Do Cha Na Ka Ki</i>
#6	Hopping Side Kick	<i>I Dan Yup Cha Ki</i>

Jump Roundhouse Kick (from parallel stance)

### Form Basics & Form:

#### Stances and turning:

Back Stance (Weight distribution 60% back - 40% front)  
Knows turning (*Dwi Do Dra*) for each stance

#### Form Basics:

Introduction to 2<sup>nd</sup> Stage Movement: Step and punch (or block) finish at the same time.  
Move forward using hip rotation, but no 'up and down' motion.  
5. Side Outer-forearm Block (with *Ki-hop*)  
6. Reinforced Block (3<sup>rd</sup> stage)  
7. Inner-Forearm Block  
8. Side Knife-hand Strike

#### Form:

Tae Kyuk Hyung - Foot Kicking Form

### Self Defense Theory:

- o Release & Escape from an opposite-side wrist grab, or a both-hand wrist grab.
- o Fighting Combination: Back-knuckle + Reverse Ridge-hand + Side Kick with *Ki-hop*.
- o Sticky Hands and Feet

### Teen/Adult Students Theory:

Release & Defend against an opposite-side or a both-hand wrist grab