



# TRINITY

MARTIAL ARTS

## REQUIREMENTS FOR ADVANCED YELLOW BELT TO 6<sup>th</sup> GUP - GREEN BELT

### Prerequisites:

Advanced Yellow Belt or Advanced Yellow Belt equivalent.  
Has sparring gear prior to test  
Minimum 16 classes.  
Test fee due at test time: \$80.00

### Mental Requirements:

Respect for yourself, your family, the school, and all the students  
Good concentration; does not get distracted in class  
Sets short-term and long-term goals  
Meets challenges head on

### Basic Kicks:

#7	Back-heel Kick	<i>Dwi Do Cha Ki</i>
#8	Reverse Side Kick	<i>Bande Yup Cha Ki</i>
#9	Stepping Roundhouse Kick	<i>Dolyu Cha Na Ka Ki</i>
	Jump Side Kick (from parallel stance)	

### Form Basics & Form:

#### Stances:

Short Back Stance (Weight distribution 90% back - 10% front)

#### Form Basics:

Introduction to 3<sup>rd</sup> Stage Movement: Step and punch (or block) finish at the same time.  
Move forward using hip rotation and an 'up and down' motion to create ultimate power.

9. Side Back-knuckle Strike
10. Inner-forearm Guard (2<sup>nd</sup> Stage)
11. Hammer-fist Attack (Side hammer-fist + middle punch. Double *Ki-hop*) (Imo-ddd)
12. Front Kick Attack (Front kick + reverse punch + reverse inner-forearm block) (Imo-ddd)

#### Form:

*Ki Bon Two* - Basic Form Two

#### Self Defense Theory:

- o Release & Escape from a two-hands wrist grab.
- o Fighting Combination: Front foot front kick + Reverse knife-hand strike + Roundhouse kick with *Ki-hop*.
- o Two Step Spar #1 and #2 (Start with right side back)
- o Sticky Hands and Feet with grabbing
- o Sparring Footwork: 1) Slide step 2) Cross over step
- o Free Sparring (using protective gear)

#### Teen/Adult Students Self Defense Theory:

Release & Defend against a two-hand wrist grab