



TRINITY

MARTIAL ARTS

REQUIREMENTS FOR WHITE BELT TO 8th GUP - YELLOW BELT

Prerequisites:

- Has read or listened to the school rules.
- Knows how to line up properly.
- Minimum of 9 to 12 classes.
- Test fee due at test time: \$60.00

Mental Requirements:

Respect for yourself, your family, the school, and all the students

Kicks:

#1 Front Kick

#2 Side Kick

#3 Roundhouse Kick

Jump Front Kick (Parallel Stance: Feet shoulder width apart, knees bent, up on balls of feet, hands down)

Form Basics & Form:

Stances:

Horse Stance

(Weight distribution 50% - 50%)

Side Stance

(Head turned 90° to side. Weight distribution 50% - 50%)

Front Stance

(4 point position 1. Shoulders Straight 2. Heels Outside Shoulder Length 3. Knee Bent Past Your Toes 4. Chest/Chin Up)

Middle Punch

Low Block

Preliminaries:

How to make a fist

How to do *Jun Bi* (Ready position)

How to *Ki-hop* (Energy Yell)

Horse Stance Punch

Angle Punch

Form Drills:

Form: *Ki Bon One*

Self Defense Theory:

- o Fighting Combination: Front Punch + Reverse Punch + Fighting Front Kick
- o Safety Stance: Hands up with arms extended. Strong eyes on eyes.
- o Release and Escape same side grab
- o Fighting Stance drill - 8 corners

Teen/Adult Students Self Defense Theory:

Release & Defend against a same side grab