

# Han's Martial Arts Academy

## Yellow Belt Curriculum



Poomse: Kicho Ee-Jang 2

Technique 1

Technique 2

Level Kicking

Roundhouse Kick

Switch Roundhouse

OSS

RL Riding Horse Stance  
LH Outside Knife Hand Block  
RH Inside Knife Hand Attack

RL Riding Horse Stance  
LH Outside Body Block  
RH Middle Punch  
RH Side Elbow Attack

Hand

RL Low Punch  
RL Inside Middle Block  
RL Hammerfist Attack

Double Hammerfist Attack  
8,9, Middle Punch and **Kihap** "Tae Kwon  
10 DO!"

Kick

Roundhouse Kick  
Switch Roundhouse Kick

Switch Roundhouse Kick  
Roundhouse Kick

\*\* All combination hand and kicking techniques to be executed from left leg back fighting stance.\*\*