

8th Geub - Yellow Belt

I. Korean Language

- A. Counting
20 - Sih Mool
- B. Turn Around - Dee Loe Doel Ah
- C. Bow - Kyawng Lya
- D. Master - Sah Bawm Neem
- E. Return - Bah Lyoe
- F. At ease - Shee Aw
- G. How are you - Ahn Nyawng Hah Shyaw Yoe
- H. Goodbye (When you are leaving) - Ahn Nyawng Hee Kyay Shyaw Yoe
- I. Goodbye (To someone else leaving) - Ahn Nyawng Hee Kah Shyaw Yoe

II. Basic Moves

- A. Walking stance with low, high, inside middle and outside middle blocks
- B. Walking stance with middle punch

III. Kicks

- A. Ax kick
- B. Crescent kick

IV. Forms

- A. Tae Kihk Eel Jahng
 1. Starting from ready stance, look to your left, ready your arms for left **low block** and slide your left foot toward your left and then turn 90 degrees into **walking stance** while executing block.
 2. Step forward into a right **walking stance** while executing a right **middle punch**.
 3. Look over your right shoulder, ready your arms for right **low block**, lift your right foot and step back then turn 180 degrees into **walking stance** while executing block.
 4. Step forward into a left **walking stance** while executing a left **middle punch**.
 5. Look to your left, ready your arms for left **low block** and slide your left foot to your left then turn 90 degrees into a **front stance** while executing the block and then, without stepping forward, execute a right **middle punch**.
 6. Look to your right, ready your arms for left **inside middle block** and slide your right foot 90 degrees to right **walking stance**, while executing block.
 7. Step forward into a left **walking stance** while executing a right **middle punch**.
 8. Look over your left shoulder, ready your arms for right **inside middle block**, lift your left foot and step back then turn 180 degrees into **walking stance** while executing block.
 9. Step forward into a right **walking stance** while executing a left **middle punch**.
 10. Look to your right, ready your arms for right **low block** and slide your right foot to your right then turn 90 degrees into a **front stance** while executing the block and then, without stepping forward, execute a left **middle punch**.
 11. Look to your left, ready your arms for left **high block** and slide your left foot 90 degrees to left **walking stance** while executing block.
 12. Execute a right **front snap kick**, then (without bringing the kicking leg down) step into a right **walking stance** while executing a right **middle punch**.
 13. Look over your right shoulder, ready your arms for right **high block**, lift your right foot and step back then turn 180 degrees into **walking stance** while executing block.
 14. Execute a **left front snap kick**, then (without bringing the kicking leg down) step into a left **walking stance** while executing a left **middle punch**.