

YEA JUL - Orange Belt Form
Meaning - Courtesy

	Movement Name	Section	Side	Stance
1	Knifehand High Block	High	Left	Front
2	Reverse Spear hand	High	Right	
3	Spear hand	High	Left	
4	Front Kick	M or H	Left	
5	Round Kick	M or H	Right	
6	Side Kick		Right	
7	Outer Forearm Block		Left	
8	Reverse Punch		Right	
9	Outer Forearm Block		Right	
10	Reverse Punch		Left	
11	Side Kick	M or H	Left	
12	Downward Back Fist	High	Left	X-stance
13	Low Block	Low	Right	Front
14	Reverse Punch	Middle	Left	
15	Jump Front Kick	M or H	Right	
16	Reverse Punch	Middle	Left	
17	Low Block	Low	Left	
18	Reverse Punch		Right	
19	Jump Front Kick	M or H	Left	
20	Reverse Punch		Right	
21	Knifehand Strike	High	Right	
22	Reverse Punch	High	Left	
23	Front Kick	M or H	Right	
24	Round Kick	M or H	Left	
25	Knifehand Strike	High	Left	
26	Reverse Punch	High	Right	
27	Side Kick	M or H	Right	
28	Downward Back Fist	High	Right	X-stance
29	Knifehand High Block	High	Left	Front
30	Reverse Punch		Right	

Yea Jul

Courtesy
30 Movements
12,19,26,30



ORANGE BELT ONE STEP SPARRING

TECHNIQUE	STANCE	SECTION
I.		
1. L Double Outer Forearm Block	Back	Middle
2. L #3 Jump Front Kick		M or H
3. L Double Knifehand Block	Back	Middle
4. L Knifehand Strike	Back	High
5. R Reverse Punch	Back	Middle
6. L Double Outer Forearm Block - Kihap	Back	Middle
II.		
1. R Front Kick		M or H
2. L Side Kick		M or H
3. R Round Kick		M or H
4. R Knifehand Strike	Back	High
5. L Reverse Punch	Back	Middle
6. R Double Outer Forearm Block - Kihap	Back	Middle
III.		
1. R Double Outer Forearm Block	Back	Middle
2. R #3 Jump Front Kick		M or H
3. R Back Fist	Back	High
4. L Reverse Punch	Back	Middle
5. R Punch	Back	Middle
6. R Round Kick		M or H
7. R Double Outer Forearm Block - Kihap	Back	Middle
IV.		
1. L Crescent Kick		M or H
2. R Side Kick		M or H
3. L Back Fist	Middle	High
4. L Knifehand Strike	Middle	High
5. R Round Kick		M or H
6. R Double Outer Forearm Block - Kihap	Back	Middle
V.		
1. L Knifehand High Block	Front	High
2. R Reverse Spearhand	Front	Middle
3. L Spearhand	Front	High
4. L Round Kick		M or H
5. R Round Kick		M or H
6. R Double Outer Forearm Block - Kihap	Back	Middle