

**SU RYUN - Yellow Belt Form**  
**Meaning - Self Discipline**

Technique	Section	Stance
Inner Forearm Block	Left	Front
Reverse Punch	Right	
Front Kick	Right	
Low Block	Right	
Punch	Left	
Punch	Right	
Round Kick	Left	
Double Outer Forearm Block	Both	Back
Reverse Inward Outer Forearm Block	Left	Front
Punch	Right	Middle
Side Kick	Right	
Back Fist	Right	
Punch	Left	Front
Inner Forearm Block	Right	
Reverse Punch	Left	
Front Kick	Left	
Low Block	Left	
Reverse Punch	Right	
Punch	Left	
Round Kick	Right	
Double Outer Forearm	Both	Back
Reverse Inward Outer Forearm Block	Right	Front
Punch	Left	Middle
Side Kick	Left	
Back Fist	Left	
Punch	Right	Front

**Su Ryun**  
 Self Discipline  
 26 Movements  
 7,11,20,24



## YELLOW BELT ONE-STEP SPARRING

	TECHNIQUE	STANCE	SECTION
I.	1. L Double Outer Forearm Block	Back	Middle
	2. L Back Fist	Back	High
	3. R Reverse Punch	Back	Middle
	4. R Round Kick		M or H
	5. R Double Outer Forearm Block - Kihap	Back	Middle
II.	1. L Double Outer Forearm Block	Back	Middle
	2. L Side Kick		M or H
	3. R Round Kick		M or H
	4. R Knifehand Strike	Back	High
	5. R Double Outer Forearm Block - Kihap	Back	Middle
III.	1. L Front Kick		M or H
	2. L Outer Forearm Block	Front	Middle
	3. R Reverse Punch	Front	Middle
	4. L Punch	Front	Middle
	5. L Side Kick		M or H
	6. L Double Outer Forearm Block - Kihap	Back	Middle
IV.	1. R Front Kick		M or H
	2. R High Block	Back	High
	3. R Back Fist	Back	Middle
	4. L Side Kick		M or H
	5. L Double Outer Forearm Block - Kihap	Back	Middle
V.	EVADE to the Right		
	1. L Round Kick		M or H
	2. R Reverse Punch	Front	Middle
	3. R Step Back Side Kick		M or H
	4. R Double Outer Forearm Block - Kihap	Back	Middle