

# MARTIAL ARTS USA

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## Jr. Yellow Belt

LITTLE DRAGONS

## REQUIREMENTS

### FORM:

#### Moving Star Blocks:

1. Move left foot forward into a front stance while executing a left upward block.
2. Move right foot forward into a front stance while executing a right inward block.
3. Move left foot forward into front stance while executing a left outward block.
4. Move right foot forward into a front stance while executing a right downward block
5. Bring your right hand back, and execute a right push down block.

### SELF DEFENSE:

Combat stance

Knees

### NAK BUP:

Falling forward

### KICKS:

Dol-lyeo cha-gi - Round house kick

### STANCES:

Chongul Jase- Front stance

**HISTORY: What does Tae Kwon Do Stand Mean? Foot-Fist-Way or Art**