

# **YUNG YEA MARTIAL ARTS**

## **YELLOW BELT TRAINING MANUAL**



**YUNG YEA MARTIAL ARTS SCHOOL  
YELLOW BELT INFORMATION**

**BLOCKS**

1. Double guarding knife hand block

**KICKS**

1. Step together round kick
2. Step together hook kick
3. Step together side kick

## **YUNG YEA MARTIAL ARTS SCHOOL YELLOW BELT PATTERN**

Pattern: Po Chong

Starting Position: Parallel Ready Stance

Moves: 22

Foot returns: Left

Meaning: Named after General Po Chong who trained his top generals in the school of Hwarang Do.

1. Left foot shifts left (counter clockwise) 90 degrees into a left front stance, left low block.
2. Right foot steps forward into a right front stance, right middle punch.
3. Right foot spins right (clockwise) 180 degrees into a right front stance, right low block.
4. Left foot steps forward into a left front stance, left middle punch.
5. Left foot shifts left 90 degrees into a left front stance, left low block.
6. Right foot steps forward into right front stance, right face/high punch.
7. Left foot steps forward into left front stance, left face/high punch.
8. Right foot steps forward into right front stance, right face/high punch. (Kihup!)
9. Left foot spins left 270 degrees into left L stance, left middle inner forearm block.
10. Right leg (back leg) front kick
11. Right leg lands into right front stance, right middle punch.
12. Right foot spin right 180 degrees into right L stance, right middle inner forearm block.
13. Left leg (back leg) front kick
14. Left leg lands into left front stance, left middle punch.
15. Left foot shift left 90 degrees into left front stance, left low block.
16. Right foot steps forward into right front stance, right face/high punch.
17. Left foot steps forward into left front stance, left face/high punch.
18. Right foot steps forward into right front stance, right face/high punch. (Kihup!).
19. Left foot spins left 180 degrees into left L stance, left middle double guarding knife hand blocks.
20. Right foot steps forward, into right front stance, right middle punch.
21. Right foot spins right 180 into right L stance, right middle double guarding knife hand blocks.
22. Left foot steps forward into left front stance, left middle punch.

## **YUNG YEA MARTIAL ARTS SCHOOL YELLOW BELT SPARRING**

### One Step Patterns – Set #1

Opponents stand facing each other, parallel ready stance, both opponents step back with the right foot into a middle stance, left sides facing.

1. Right foot step together, left leg side kick, step down left foot next to right foot, then right foot steps back into the original middle/horse rider stance.
2. Right foot step together, left leg round kick, step down left foot next to right foot, then right foot steps back into original middle/horse rider stance.
3. Right foot step together, left leg hook kick, step down left foot next to right foot, then right foot steps back into original middle/horse rider stance.
4. Right foot step together, left foot steps out into a left front stance, right reverse punch, double step back (step left foot next to right foot), right foot steps back to original middle/horse rider stance.

Hop change sides, landing in a middle/horse rider stance with right sides facing and repeat drills.

1. Left foot step together, right leg side kick, step down right foot next to left foot, then left foot steps back into the original middle/horse rider stance.
2. Left foot step together, right leg round kick, step down right foot next to left foot, then left foot steps back into original middle/horse rider stance.
3. Left foot step together, right leg hook kick, step down right foot next to left foot, then left foot steps back into original middle/horse rider stance.
4. Left foot step together, step out into a right front stance while making the left reverse punch, double step back (step right foot next to left foot), left foot steps back to original middle/horse rider stance