

**YELLOW BELT > GREEN STRIPE**  
**THEORY REQUIREMENT**

**How to Bow to:**

<b>The General</b>	<b>Charyot Chong Shi Ja Nim Ke Kyung Ye</b>
<b>The Examiner</b>	<b>Charyot Shim Sa Kwa Nim Ke Kyung Ye</b>
<b>The Instructor</b>	<b>Charyot Sa Bum Nim Ke Kyung Ye</b>
<b>The Assistant Instructor</b>	<b>Charyot Bo Sa Bum Nim Ke Kyung Ye</b>

**Training Secret:**

1. To study the theory of power thoroughly

**Purpose of:**

- 1. Forearm Low Block**
  - To block a front snap kick
- 2. Forearm Middle Block**
  - To block a middle punch
- 3. Rising Block**
  - To block a high punch

**Measurements of Stances:**

**Walking Stance**

- one shoulder width
- one and a half shoulder in length

**L-Stance**

- one and a half shoulder in length