



The following techniques will be assessed at your next belt promotion.



White Belt to 1st Yellow Belt

Riding Stance Center Punch (Single, Double, Triple Punches)

Kicking:

- Straight Leg Kick
- Inside Out Crescent Kick
- Front Snap Kick
- Roundhouse Kick
- Side Kick
- Back Step Side Kick
- Jump Front Snap Kick
- Fighting Pattern 1

Basic Technique:

- Front Stance
- Down Block
- Center Block
- Center Punch
- Inside Block
- Outside Chop
- Inside Chop
- Double Center Block
- High Block

- Riding Stance
- Side Punch

Forms:

- Basic Form 1
- Basic Form 2
- Basic Form 3

Required Fees:

Association Fee:	\$25.00 (one time fee)
Association Patches:	\$15.00 (one time fee)
Testing Fee:	\$40.00
Belt Fee:	\$5.00
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Total:	\$85.00

Testing eligibility is determined not only by completion of required training hours, but also instructor recommendation.

Remember, a clean, tatter free uniform, with the Youn Wha Logo and Association Patches is required for testing.



The following techniques will be assessed at your next belt promotion.



1st Yellow to 2nd Yellow Belt

Forms:

Basic Form 3
Palgue Form 1
Palgue Form 2

Kicking:

Fighting Pattern 1
Fighting Pattern 2
Jump Front Snap Kick
Jump Roundhouse Kick
Roundhouse-Back Kick
Skip Side Kick
Outside In Crescent-Spinning Crescent Kick

One Step Fighting (Ages 13+):

Numbers 1-6

Exchange Fighting:

One Minute Round

(Remember you are required to have a mouth guard for sparring.)

Required Fees:

<u>Testing Fee:</u>	<u>\$45.00</u>
Total:	\$45.00

Testing eligibility is determined not only by completion of required training hours,
but also instructor recommendation.

Remember, a clean, tatter free uniform, with the Youn Wha Logo and
Association Patches is required for testing.



The following techniques will be assessed at your next belt promotion.



2nd Yellow to 1st Green

Forms:

- Palgue Form 1
- Palgue Form 2
- Palgue Form 3

Kicking:

- Fighting Pattern 1
- Fighting Pattern 2
- Roundhouse-Back Kick
- Skip Side Kick
- Jump Front Snap Kick
- Jump Roundhouse Kick
- Outside In Crescent-Spinning Crescent Kick

One Step Fighting (Ages 13+):

- Numbers 1-6

Exchange Fighting:

- One Minute Round

(Remember you are required to have a mouth guard for sparring.)

Required Fees:

Belt Fee:	\$ 5.00
<u>Testing Fee:</u>	<u>\$50.00</u>
Total:	\$55.00

Testing eligibility is determined not only by completion of required training hours, but also instructor recommendation.

Remember, a clean, tatter free uniform, with the Youn Wha Logo and Association Patches is required for testing.



The following techniques will be assessed at your next belt promotion.



1st Green to 2nd Green Belt

Forms:

Palgue Form 2

Palgue Form 3

Palgue Form 4

Kicking:

Fighting Pattern 2

Fighting Pattern 4

Roundhouse Spin Kick

Skip Side Kick

Jump Roundhouse Kick

Jump Side Kick

Outside In Crescent-Jump Spinning Crescent Kick

Alternating Exchange Front Snap Kick

One Step Fighting (Ages 13+):

Numbers 1-8

Free Sparring:

One Minute Round

(Remember you are required to have a mouth guard for sparring.)

Required Fees:

Testing Fee: \$50.00

Total: \$50.00

Testing eligibility is determined not only by completion of required training hours,
but also instructor recommendation.

Remember, a clean, tatter free uniform, with the Youn Wha Logo and
Association Patches is required for testing.

The following techniques will be assessed at your next belt promotion.



2nd Green to First Blue Belt

Forms:

Palgue Form 3
Palgue Form 4
Palgue Form 5

Kicking:

Fighting Pattern 2
Fighting Pattern 4
Roundhouse Spin Kick
Skip Side Kick
Jump Roundhouse Kick
Jump Side Kick
Outside In Crescent-Jump Spinning Crescent Kick
Alternating Exchange Front Snap Kick

One Step Fighting (Ages 13+):

Numbers 1-8

Free Sparring:

One Minute Round

(Remember you are required to have a mouth guard for sparring.)

Required Fees:

Belt Fee:	\$ 5.00
<u>Testing Fee:</u>	<u>\$55.00</u>
Total:	\$60.00

Testing eligibility is determined not only by completion of required training hours,
but also instructor recommendation.

Remember, a clean, tatter free uniform, with the Youn Wha Logo and
Association Patches is required for testing.



The following techniques will be assessed at your next belt promotion.



1st Blue to 2nd Blue Belt

Forms:

Palgue Form 4

Palgue Form 5

Palgue Form 6

Kicking:

Roundhouse Hook Kick

Alternating Exchange Roundhouse Kick

Exchange Roundhouse Kick-Jump Back Kick

Alternating Jump Back Kick

Wheel Kick

Jump Side Kick

Outside in Crescent-Jump Spinning Crescent Kick

One Step Fighting (Ages 13+):

Numbers 1-10

Free Sparring:

One Minute Round

(Remember you are required to have a mouth guard for sparring.)

Required Fees:

Testing Fee: \$55.00

Total: \$55.00

Testing eligibility is determined not only by completion of required training hours,
but also instructor recommendation.

Remember, a clean, tatter free uniform, with the Youn Wha Logo and
Association Patches is required for testing.



The following techniques will be assessed at your next belt promotion.



2nd Blue to 1st Red Belt

Forms:

Palgue Form 5

Palgue Form 6

Palgue Form 7

Kicking:

Roundhouse Hook Kick

Alternating Exchange Roundhouse Kick

Exchange Roundhouse Kick-Jump Back Kick

Alternating Jump Back Kick

Wheel Kick

Jump Side Kick

Outside in Crescent-Jump Spinning Crescent Kick

One Step Fighting (Ages 13+):

Numbers 1-10

Free Sparring:

One Minute Round

(Remember you are required to have a mouth guard for sparring.)

Required Fees:

Belt Fee: \$ 5.00

Testing Fee: \$70.00

Total: \$75.00

Testing eligibility is determined not only by completion of required training hours,
but also instructor recommendation.

Remember, a clean, tatter free uniform, with the Youn Wha Logo and
Association Patches is required for testing.

The following techniques will be assessed at your next belt promotion.



1st Red to 2nd Red Belt

Forms:

Palgue Form 6
Palgue Form 7
Palgue Form 8

Kicking:

Scissors Inside Out Axe Kick
Double Roundhouse Hook Kick
Alternating Exchange Roundhouse Kick
Exchange Roundhouse Kick-Jump Back Kick
Alternating Jump Back Kick
Wheel Kick
Wheel Back Kick
Outside in Crescent-Jump Spinning Crescent Kick

One Step Fighting (Ages 13+):

Numbers 1-12

Free Sparring:

2 - One Minute Rounds

(Remember you are required to have a mouth guard for sparring.)

Required Fees:

Testing Fee: \$70.00

Total: \$70.00

Testing eligibility is determined not only by completion of required training hours,
but also instructor recommendation.

Remember, a clean, tatter free uniform, with the Youn Wha Logo and
Association Patches is required for testing.

The following techniques will be assessed at your next belt promotion.



2nd Red to Brown Belt

Forms:

Palgue Form 7
Palgue Form 8
Koreo Form

Kicking:

Scissors Inside Out Axe Kick
Double Roundhouse Hook Kick
Alternating Exchange Roundhouse Kick
Exchange Roundhouse Kick-Jump Back Kick
Alternating Jump Back Kick
Wheel Kick
Wheel Back Kick
Outside in Crescent-Jump Spinning Crescent Kick

One Step Fighting (Ages 13+):

Numbers 1-12

Free Sparring:

2 - One Minute Rounds

(Remember you are required to have a mouth guard for sparring.)

Required Fees:

Belt Fee:	\$ 5.00
<u>Testing Fee:</u>	<u>\$150.00</u>
Total:	\$155.00

Testing eligibility is determined not only by completion of required training hours,
but also instructor recommendation.

Remember, a clean, tatter free uniform, with the Youn Wha Logo and
Association Patches is required for testing.