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**Yellow Belt Terminology**

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| Yellow belt signifies the earth from which the plant sprouts and takes root as the foundations of tae kwon do are laid. |

* **What is Korean for 3 step sparring? S**ambo matsoki
* **Why do we do three steps?**  Focus, Distance, Timing.

**Stances**

* L Stance -Nniunja Sogi
* Walking stance - Gunnun Sogi
* Parallel ready stance -Nnarani junbi sogi

**Defensive Techniques**

* Twin Outer Forearm Block - Sang Bakat Palmok Makgi
* Knife hand Guarding Block - Sonkal Daebi Makgi
* Forearm Guarding Block - Palmok Daebi Makgi
* Outer Forearm Block - Bakat Palmok Makgi
* Forearm Rising Block - Palmok Chookyo Makgi

**Attacking Techniques**

* Back fist strike - dung jookmuk taerigi
* Double punch - doo jurugi
* Reverse punch - bandae jurugi
* Knife hand strike - sonkal taerigi

**Parts of the Body**

* Back fist - dung joomuk
* Knife hand - sonkal
* Ball of foot - ap kumchi

**Dan gun** is named after the Holy Dan Gun, the legendary founder of Korea who established the country in 2333 BC.

**21 moves**