

Fearless Taekwondo Yellow Belt Study Guide

First Steps to Your Yellow Belt — Fast, Clear, Fearless

This lesson covers everything a beginner needs to earn their yellow belt: basic stances, Korean commands, how to form a safe fist, core blocks and punches, the front kick, breathing for power, practice drills, counting in Korean, and what to record for your mock test. It's a compact, step-by-step guide to train safely and demonstrate competency.

Core Commands & Stances

Charyeot (Attention stance)

Feet together, hands by your sides. Ready to receive the next command.

Kyungnye (Bow)

Pinch at the hips, keep eyes forward, hands at your side, bow and return upright.

Junbi (Ready stance)

Hands open in front of your belt knot, step left foot out, then close hands into fists one fist away from the belt — this is the parallel stance from which most techniques begin.

Forming a Safe Fist

Thumb must be outside the fingers (not inside).

Tuck and squeeze the fist tightly so impact doesn't injure the thumb. Hold fists at your sides, palms facing up when preparing.

Basic Blocks — How & Why

Practice each block with a mirror to check alignment.

High Block (Olgul Makgi)

Bring one fist over the other and punch upward as if striking a pad overhead. Rotate the wrist so it aligns with the center line at impact. End just outside and level with the top of the shoulder.

Outside Block (Bakkat Makgi)

Similar preparatory motion; show thumb/palm before rotating at the last moment.

Keep the finishing position level with the shoulder (not outside it).

Inside Block (An Makgi)

Prepare with thumb near ear, shoot across the center line and twist to finish in the same shoulder-level position. Use the "twist out, chamber block" rhythm.

Low Block (Arae Makgi)

Bring arm across body (like reaching for a seatbelt), then sweep down toward the ground. Left hand protects left leg and vice versa.

Practice: 10 repetitions per side for each block.

Punching (Jiruegi) — Technique & Targets

Targets: solar plexus (center) and rear dobok crosses (centerline).

Start palm-up, rotate at the last instant, and squeeze the fist on impact. Alternate left/right: punch, retract, punch. Practice 10 reps per side.

10-Technique Drill — Foundation Sequence

Perform from parallel stance, left hand first. Order:

- High block (left)
- High block (right)
- Outside block (left)
- Outside block (right)
- Inside block (left)
- Inside block (right)
- Low block (left)
- Low block (right)
- Punch (left)
- Punch (right)

You will later expand to a 50-technique drill as you advance.

Breathing & Power — Add Impact

Two acceptable breath patterns for blocks; either is fine if you engage your core.

Place fingers on your abdomen and feel it push out to ensure diaphragm breathing.

Use a loud key-off yell (e.g., “Haya!”) on power techniques — it can add up to ~10% more force and focuses the body.

Front Kick (Fundamental Kick) — Steps & Tips

Foot strikes with the ball of the foot; practice on tippy toes to feel correct foot position. Every kick has three parts: Chamber → Kick → Re-chamber.

Chamber: knee up, foot prepared.

Kick: extend, hitting with the ball of the foot.

Re-chamber: bring knee back for control and readiness.

Drill: repeat 1–10 per side as warm-up and technique practice.

Counting in Korean (1–10) — Drill Support

Use counting to tempo your drills or punch/kick repetitions:

Hana, Dul, Set, Net, Dase, Yase, Ilgop, Yol, Ahop, Yol (spoken in sequence as in lesson)

Mock Test & Submission Checklist

What the instructor will watch for (single take, unlisted YouTube, email submission):

- Say and show Charyeot (attention).
- Kyungnye (bow).
- Junbi (ready) — fists at your side.
- Perform the 10-technique drill with clear breathing and audible key-offs.
- Repeat the drill while counting 1–10 in Korean.
- Demonstrate kicks on each side (with breathing or Korean counting).
- Finish with attention stance and bow.

Record in one continuous take and submit as instructed; the instructor will return feedback via video.

Key Takeaways (Top 5)

Learn and demonstrate the three stances: attention, bow, and ready (parallel). Form a safe, tight fist with the thumb outside.

Master four blocks (high, outside, inside, low) with correct finishing positions. Use chamber → strike → re-chamber for kicks; front kick is essential.

Practice breathing and the key-off yell to add power; follow the mock-test checklist precisely.

Good luck — practice consistently, use a mirror, and record your mock test in one clean take.