



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



### White Belt to 1<sup>st</sup> 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

---

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

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



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



### 1<sup>st</sup> Yellow to 2<sup>nd</sup> 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.)

---

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.)

---

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.



### 1<sup>st</sup> Green to 2<sup>nd</sup> 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.)

---

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.)

---

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.)

---

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.)

---

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.)

---

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.)

---

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.