

**TAEKWONDO TRAINING BLUEPRINT: YELLOW BELT - THE RISING SUN, WHICH BRINGS
LIFE**

**STUDENT'S TRAINING MANUAL
YONG-GI TAEKWONDO ASSOCIATION**

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AUTHOR'S PREFACE

It brings me immense joy to present this training manual for yellow belts in Taekwondo. This book is the fruit of my years of experience and dedication to the art of Taekwondo. As a seasoned practitioner and instructor, I have witnessed the growth and development of numerous yellow belts and comprehend the challenges that arise in the process of mastering this martial art.

The objective of this book is to serve as a comprehensive guide for beginners who have progressed to the rank of yellow belt in Taekwondo. It encompasses everything that a yellow belt needs to know to continue their journey in the art of Taekwondo. From refining basic kicks, blocks, and stances to mastering intricate poomsae and self-defense techniques, this book covers it all.

As the author of this paper, I affirm that I own the intellectual property rights to the contents and have worked tirelessly to ensure that the information provided is accurate and relevant. It is my hope that this book will serve as a valuable resource for white belts in Taekwondo, whether they are training in a studio or practicing on their own.

I encourage readers to approach this book with an open mind, a willingness to learn, and a dedication to the practice of Taekwondo. With commitment, discipline, and perseverance, I am confident that this book will help yellow belts in Taekwondo reach their full potential and attain the skills necessary to become true martial artists.

Sincerely,

The Author

INTRODUCTION

The yellow belt is one of the first levels a Taekwondo student will attain. It is a significant milestone in their journey, representing progress and growth. The yellow belt is often referred to as the "rising sun," symbolizing the beginning of a new day and the hope and potential that it brings. In this paper, we will explore the significance of the yellow belt and what it represents in the practice of Taekwondo.

The yellow belt represents the initial stages of a practitioner's journey towards mastery. It signifies the student's understanding of the basic fundamentals of Taekwondo, including the correct posture, breathing techniques, and basic strikes and blocks. It is a time when the student is still learning and developing their skills, but has already shown a commitment to the art.

In many ways, the yellow belt is like the dawn of a new day. It represents a fresh start and a new beginning. Just as the rising sun brings light and life to the world, the yellow belt brings new energy and enthusiasm to the student's practice of Taekwondo. It is a time of optimism and hope, as the student looks forward to the challenges and opportunities that lie ahead.

The yellow belt is an important milestone in a Taekwondo student's journey towards mastery. It represents progress and growth, and the beginning of a new day filled with potential and possibility. As students progress in their training and move towards higher belt levels, they will continue to build upon the foundation they have established as yellow belts, always striving to improve and grow as practitioners of this ancient martial art.

THE TENETS OF TAEKWONDO: FOUNDATION OF MARTIAL ARTS

Taekwondo is more than just a physical sport or martial art; it is a way of life. The tenets of Taekwondo form the foundation of this way of life, and they are an integral part of the practice and philosophy of Taekwondo.

The tenets of Taekwondo are five core principles that guide the practice and philosophy of the martial art. They are courtesy, integrity, perseverance, self-control, and indomitable spirit. Each of these tenets plays an essential role in the practice of Taekwondo and helps to shape the character and behavior of its practitioners.

Courtesy is one of the most important tenets of Taekwondo. It is the foundation of all social relationships, and it is essential to maintain a respectful and courteous attitude towards others. In Taekwondo, courtesy is shown through bowing, using appropriate language, and showing respect for others. This tenet encourages practitioners to treat others with kindness and respect, and to use their skills for the betterment of society.

Integrity is another fundamental tenet of Taekwondo. It involves honesty, trustworthiness, and ethical behavior. Practitioners of Taekwondo are expected to be honest with themselves and others, to act with integrity, and to uphold ethical standards. This tenet also includes being accountable for one's actions and taking responsibility for one's mistakes.

Perseverance is the third tenet of Taekwondo. It refers to the ability to endure through difficult situations, both physically and mentally. Practitioners of Taekwondo must persevere through tough training, and they must also be able to persevere through challenges and obstacles in their daily lives. This tenet encourages practitioners to develop a strong will and to work hard to achieve their goals.

Self-control is another critical tenet of Taekwondo. It involves the ability to control one's actions, thoughts, and emotions. Practitioners of Taekwondo are expected to have self-discipline

and to maintain emotional stability. This tenet emphasizes the importance of self-mastery and encourages practitioners to avoid impulsive actions and to act with restraint.

Indomitable spirit is the final tenet of Taekwondo. It refers to the determination and courage to overcome obstacles and to persevere through adversity. Practitioners of Taekwondo are expected to have an unbreakable spirit, to never give up, and to continue to work hard, even when facing challenges. This tenet encourages practitioners to have a positive attitude and to strive to be the best that they can be.

The tenets of Taekwondo are the foundation of the martial art and the way of life it promotes. They help to shape the character and behavior of its practitioners, and they guide them towards becoming better individuals. Through the practice of courtesy, integrity, perseverance, self-control, and indomitable spirit, practitioners of Taekwondo can become not only skilled martial artists but also better people who contribute positively to society.

THE WORLD TAEKWONDO FEDERATION: SUMMARY OF HISTORY AND BACKGROUND

The World Taekwondo Federation (WTF) is a governing body for the sport of taekwondo. It was established on May 28, 1973, in Seoul, South Korea. The WTF is responsible for organizing and regulating international taekwondo competitions, as well as promoting the sport worldwide.

The WTF was founded by a group of taekwondo leaders from around the world, who sought to unify the various styles and organizations of taekwondo under a single governing body. The organization initially had 35 member countries, but has since grown to include over 200 member nations. In 1980, taekwondo was officially recognized as an Olympic sport by the International Olympic Committee (IOC), and the WTF became the official governing body of Olympic taekwondo. The first Olympic taekwondo competition was held at the 2000 Summer Olympics in Sydney, Australia, and since then, taekwondo has become one of the most popular sports in the Olympic Games.

The WTF has also been instrumental in the development and promotion of taekwondo as a martial art and a means of self-defense. The organization has established standardized training methods and techniques, and has worked to develop the physical, mental, and moral aspects of taekwondo training. The WTF has also played a significant role in promoting taekwondo as a means of cultural exchange and international diplomacy. Through its many international events and competitions, the WTF has helped to foster understanding and cooperation between people from all over the world.

INTRODUCTION TO POOMSAE: IMPORTANCE OF FORMS

Poomsae is an essential aspect of Taekwondo. It is a series of pre-arranged movements that simulate a real fight scenario, and it plays a crucial role in the development of a martial artist. The practice of poomsae requires focus, discipline, and precision, and it is considered to be an essential element of a Taekwondo practitioner's training. In this paper, we will explore the importance of poomsae and its significance in the world of martial arts.

The word poomsae is derived from the Korean language and means 'form' or 'pattern.' It is a set of standardized movements that are performed in a specific order. Poomsae serves as a foundation for Taekwondo training, helping practitioners to develop their techniques and skills. Poomsae movements are executed with precision, accuracy, and grace, and it is essential to master them to become a skilled martial artist.

Poomsae is a form of moving meditation, requiring focus and concentration to execute the movements correctly. Practitioners must learn to synchronize their breathing with the movements and maintain a calm and controlled demeanor. This focus on mindfulness helps to develop mental strength and clarity, allowing practitioners to perform at their best in both training and competition.

Moreover, poomsae is a way for practitioners to express their creativity and individuality within the framework of a traditional martial art. Each movement within a poomsae has a specific meaning, and practitioners can imbue these movements with their own personal interpretation, making each performance unique.

The Importance of Forms in Taekwondo

Poomsae is considered an essential component of Taekwondo training because it helps practitioners to develop many critical skills. First and foremost, poomsae is an effective way to improve overall technique and form. By practicing poomsae movements, practitioners can fine-tune their techniques, making them faster, stronger, and more accurate. This precision is vital for Taekwondo, where even the slightest mistake can mean the difference between success and failure.

Secondly, poomsae is an effective way to develop balance, coordination, and flexibility. Each poomsae movement requires practitioners to maintain proper posture and balance, and the repetition of these movements helps to develop these skills over time. Poomsae also requires practitioners to move in different directions, making it an effective way to develop coordination and spatial awareness.

Finally, poomsae is an essential way to develop mental strength and discipline. The practice of poomsae requires focus and concentration, and it can be challenging to execute the movements correctly. Practitioners must learn to overcome their doubts and fears, develop a strong mental attitude, and learn to persevere through difficult training sessions. This mental toughness is vital for success in Taekwondo, where competition can be fierce, and the stakes are high.

INTRODUCTION TO KYORUGI: THE SPARRING

Kyorugi is the sparring component of the Korean martial art of Taekwondo. It is a dynamic and exhilarating activity that allows practitioners to test their skills and techniques against another person in a controlled environment. Kyorugi is an integral part of Taekwondo training, providing practitioners with the opportunity to apply what they have learned in real-life situations.

The origins of Kyorugi can be traced back to the early days of Taekwondo, when practitioners would engage in friendly competitions to test their skills against each other. Over time, these competitions became more formalized and structured, eventually leading to the development of the modern Kyorugi format that is used today.

Kyorugi is a sport that requires discipline, focus, and physical fitness. It is a full-contact sport where competitors use a combination of punches, kicks, and other techniques to score points on their opponent. To ensure the safety of all participants, Kyorugi matches are supervised by trained officials and require the use of protective equipment such as helmets, gloves, and chest protectors.

Understanding the Target Areas

In Kyorugi, the objective is to score points on your opponent by making contact with specific target areas on their body. These target areas include the head, chest protector, and sides of the body. Each target area is worth a different number of points, with the head being the most valuable target area.

To score points, competitors must use proper technique and aim for the designated target areas. Strikes that miss the target areas or are not delivered with sufficient force will not be scored by the judges. This encourages competitors to focus on accuracy and precision in their techniques, rather than simply trying to strike their opponent with brute force.

The Do and Don'ts in Sparring

In Kyorugi, there are certain do's and don'ts that all competitors must adhere to. One of the most important do's is to always respect your opponent and the judges. This means not engaging in unsportsmanlike behavior such as taunting or insulting your opponent, or arguing with the judges' decisions.

Another important do is to maintain control and discipline during the match. This means not using excessive force or aggression, and being mindful of your movements to avoid injuring your opponent or yourself. Competitors should also be aware of their surroundings and avoid hitting anything outside of the designated target areas, such as the back of the head or the groin.

On the other hand, some of the don'ts in Kyorugi include intentionally targeting vulnerable areas of the body, such as the knees or the face. Competitors should also avoid using illegal

techniques or strikes, such as hitting with the elbow or knee, or striking with the hand or foot in a way that is deemed dangerous or excessive.

Kyorugi is a vital component of Taekwondo training that provides practitioners with the opportunity to test their skills and techniques in a controlled environment. Understanding the target areas and following the do's and don'ts of sparring are essential for ensuring safety and fairness in Kyorugi competitions. By adhering to these principles, practitioners can develop their skills and become well-rounded Taekwondo practitioners.

THE MAIN ASPECTS IN KYORUGI: FUNDAMENTALS IN SPARRING

Mastering the main aspects of Taekwondo sparring is crucial for any practitioner who wants to be successful in the sport. The main aspects of sparring include speed, distance, power, and strategy. These elements are interconnected, and a mastery of each aspect will contribute to an overall improvement in a fighter's performance. One of the primary reasons why mastering these aspects is so important is that Taekwondo sparring is a dynamic and fast-paced sport. Practitioners need to be able to react quickly and with precision to both attack and defend themselves from their opponent. By mastering the main aspects, a practitioner can increase their reaction time, improve their accuracy, and gain the upper hand in a match.

Speed is an essential aspect of sparring as it allows the practitioner to react quickly and execute techniques with precision. A faster fighter can create more opportunities to strike their opponent and can quickly counter an opponent's attack. Practitioners can improve their speed through exercises such as agility drills, speed drills, and reaction time drills.

Distance is also crucial in Taekwondo sparring as it determines the proximity between the fighters. Maintaining the proper distance from an opponent is critical to avoid being hit and to create an opening to strike. Practitioners should learn how to measure distance and control it through footwork techniques, such as stepping in and out of range, circling, and pivoting.

Power is another crucial aspect of sparring, as it enables the fighter to deliver effective strikes. Practitioners should learn how to generate power in their techniques, as a powerful strike can score more points and cause more damage to their opponent. Proper technique, body mechanics, and strength training are necessary to develop power.

Finally, strategy is a critical aspect of Taekwondo sparring as it allows the fighter to anticipate their opponent's movements and create opportunities to strike. Practitioners should develop a solid strategy before entering the ring, taking into account their opponent's style and tendencies. An effective strategy can also help a practitioner control the pace of the match and lead to more successful attacks.

TAEKWONDO: KOREAN TERMINOLOGIES 2

Taekwondo is a martial art that originated from Korea, so it is no surprise that the language used in this discipline is primarily Korean. Learning Korean words and phrases is essential in understanding the theory and philosophy of Taekwondo, as well as in executing its techniques and commands properly.

One of the most important things to remember in Taekwondo is to always show respect and courtesy to your instructors, fellow students, and the art itself. You can start by learning the Korean words for common commands such as Attention (Chah-ryut), Bow (Kyung Nae), Ready Position (Joon-bee), Begin (Si-jak), Continue (Kaesok), Stop (Kalyeo), and Return (Baro).

| | | |
|-------|---|----------|
| Body | – | Mom |
| Joint | – | Kwanjeol |

| | | |
|------------------|---|------------------|
| Face/Head | – | Ulgool |
| Philtrum | – | In Joong |
| Neck | – | Mok |
| Solar Plexus | – | Myung Chi |
| Fist | – | Joomok |
| Trunk Middle | – | Momtong |
| Right | – | Oruen |
| Left | – | Wen |
| Sparring | – | Kyorugi |
| Self-Defense | – | Hosinsool |
| Breaking | – | Kyuk-pa |
| Stance | – | Sogi or Seogi |
| Kick | – | Chagi |
| Punch | – | Jireugi |
| Strike | – | Chigi |
| Thank You | – | Gam Sa Ham Ne Da |
| Turn to the Rear | – | Dwi Ro Do Ra |

THE COGNITION OF A YELLOW BELT

Dobok (도복) is the Korean term used to refer to the uniform worn by practitioners of Taekwondo, a Korean martial art. The dobok typically consists of a jacket (jeogori) and pants (baji) that are both loose-fitting and comfortable to allow for ease of movement during training and competition. The dobok is usually white in color, although some schools may have different colors to represent different ranks or levels within the organization. The dobok is considered an essential part of the Taekwondo uniform and is worn by students of all levels, from beginner to advanced.

The term "dobok" (도복) can be broken down into two parts: "do" (도), which means "way" or "path" in Korean, and "bok" (복), which means "clothing" or "dress". Therefore, the term "dobok" can be translated to mean "the clothing of the way" or "the dress of the path". This reflects the importance of the uniform as a symbol of the student's dedication and commitment to the path of learning and mastery in Taekwondo.

In addition to being a practical uniform for training and competition, the dobok also has symbolic and cultural significance in Taekwondo. The white color of the dobok represents purity and the pursuit of knowledge and skill, which are fundamental values in Taekwondo training. It also signifies the beginning of a student's journey in Taekwondo, as beginners typically start with a white belt and progress through the ranks with different colored belts as they gain experience and expertise. The dobok also reflects the Korean heritage and cultural identity of Taekwondo. The traditional Korean design of the dobok, with its loose and flowing shape, allows for maximum mobility and flexibility, which is crucial for the dynamic and acrobatic movements of Taekwondo. In addition, the dobok's design incorporates elements of traditional Korean clothing, such as the collar and knot, which further emphasizes the cultural roots of Taekwondo.

Belt in Taekwondo

In Taekwondo, the belt is a symbol of the student's level of skill, knowledge, and experience. The color of the belt indicates the rank or grade of the practitioner, with different colors representing different levels of proficiency. The belt system in Taekwondo typically begins with a white belt for beginners and progresses through a series of colored belts, such as yellow, blue, red, brown, and black. Each color represents a different level of skill and knowledge, with black belt being the highest level attainable.

The process of earning a higher belt rank involves not only demonstrating technical proficiency in Taekwondo techniques but also embodying the values and principles of Taekwondo, such as discipline, respect, perseverance, and self-control. The belt system in Taekwondo is an important aspect of the art, as it provides a clear path of progression and serves as a tangible representation of the student's dedication and commitment to learning and mastering the techniques and principles of Taekwondo. It also fosters a sense of community and camaraderie among practitioners, as they work together to advance their skills and achieve their goals.

The Korean Flag

The flag of South Korea, also known as Taegukgi, is a symbol that represents the country's rich cultural heritage and its people's values. The flag's design is dominated by a white background, symbolizing peace and purity, while the center features the Taeguk, a blue and red circle divided into two equal parts by a line. The upper part of the Taeguk is red, which represents positive cosmic forces such as passion, fire, and courage, while the lower part is blue, symbolizing negative cosmic forces such as calmness, water, and introspection. The Taeguk represents the balance and harmony between these opposing cosmic forces, which are fundamental to Korean philosophy and culture.

The four black trigrams, known as Gwae, situated in each corner of the white background, symbolize the four principles of the Universe: justice, heaven, earth, and humanity. Each Gwae is composed of three lines, each line either solid or broken, representing the Yin and Yang energy that flows through everything in the universe. The top-left Gwae represents heaven and is composed of three unbroken lines, the bottom-right Gwae represents earth and is composed of three broken lines, the top-right Gwae represents fire, and the bottom-left Gwae represents water.

The significance of the Taegukgi's design extends beyond its aesthetic appeal. The flag's colors and patterns represent the principles of balance, harmony, and unity that are essential to Korean society. The flag also embodies the spirit of the Korean people, which values peace and strives to achieve it through diplomacy and mutual respect. The symbolism of the flag resonates with the Korean people, who see it as a symbol of their culture, identity, and values.

The flag of South Korea has undergone several changes since its inception, each modification representing the country's growth and progress. The current flag design was first adopted in 1949 and has remained unchanged ever since. Today, the Taegukgi is an integral part of Korean culture and identity, representing the country's rich history, traditions, and values. It serves as a reminder of the enduring spirit of the Korean people, who have persevered through war and conflict to emerge as one of the world's leading nations.

Introduction to Taegeuk Forms

Forms, also known as Poomsae, are a fundamental aspect of Taekwondo training. They are a series of choreographed movements that simulate various self-defense scenarios, which are performed in a specific sequence with precision and control. The forms of Taekwondo are designed to teach students how to apply the techniques they have learned in a practical way, as well as develop balance, coordination, and flexibility.

The Taegeuk Poomsae, in particular, are an essential component of Taekwondo practice, as they are the foundation of the art's curriculum. They are a set of eight forms that are designed to represent the principles of "taegeuk", which refers to the ultimate polarity of the universe and the origin of all things in the world. Each Taegeuk Poomsae is named after one of the eight trigrams of the I Ching, an ancient Chinese divination text that is also used in Korean culture.

As students progress through their training and master each Taegeuk Poomsae, they develop their physical and mental skills, as well as gain a deeper understanding of the principles and philosophy of Taekwondo. The Taegeuk Poomsae also serve as a means of self-evaluation, allowing practitioners to track their progress and measure their proficiency against a standardized set of criteria.

Taegeuk Il Jang

Taegeuk 1 is the first form in the Taegeuk series of Poomsae in Taekwondo. Also known as "Il Jang", it is typically learned by beginners and serves as an introduction to the fundamental techniques and principles of Taekwondo. The form consists of 18 movements, which are performed in a specific sequence and are designed to simulate various self-defense scenarios.

The meaning and theory behind Taegeuk 1 are rooted in the concept of "keon", which represents the beginning or creation of all things. The movements of the form are designed to embody the characteristics of keon, such as simplicity, openness, and growth. The form starts with simple movements and gradually increases in complexity, which symbolizes the growth and development of the practitioner's skills and knowledge.

One of the key features of Taegeuk 1 is the emphasis on basic stances and techniques, such as the front stance, low block, and inward block. These techniques are essential for building a strong foundation in Taekwondo and serve as the building blocks for more advanced techniques.

and forms. The form also incorporates various strikes and kicks, which are performed with precision and control to develop balance, coordination, and power.

In addition to its physical benefits, Taegeuk 1 also has important mental and philosophical aspects. The form teaches the practitioner about the values and principles of Taekwondo, such as discipline, respect, perseverance, and self-control. By practicing Taegeuk 1 and mastering its techniques, students develop not only their physical abilities but also their mental focus and character. This foundation sets the stage for success in Taekwondo and in life.

Taegeuk Ee Jang

Taegeuk 2, also known as "Ee Jang," is the second form in the Taegeuk series of Poomsae in Taekwondo. It is typically learned by practitioners who have already mastered Taegeuk 1 and serves as a continuation of the fundamental techniques and principles introduced in the first form. The form consists of 20 movements, which are performed in a specific sequence and are designed to simulate various self-defense scenarios.

The meaning and theory behind Taegeuk 2 are rooted in the concept of "tae," which represents the balanced and harmonious nature of the universe. The movements of the form are designed to embody the characteristics of tae, such as balance, control, and harmony. The form emphasizes the use of circular movements and fluid transitions between techniques, which symbolizes the natural flow and balance of the universe.

One of the key features of Taegeuk 2 is the incorporation of new techniques and movements, such as the high block – front kick combination. These techniques build upon the foundation established in Taegeuk 1 and challenge the practitioner to refine their skills and coordination. The form also emphasizes the use of different stances, such as the back stance and walking stance, which develop the practitioner's balance, stability, and mobility.

Taegeuk Sam Jang

Taegeuk 3, also known as "Sam Jang," is the third form in the Taegeuk series of Poomsae in Taekwondo. It is typically learned by practitioners who have already mastered

Taegeuk 2 and serves as a continuation of the fundamental techniques and principles introduced in the previous forms. The form consists of 20 movements, which are performed in a specific sequence and are designed to simulate various self-defense scenarios.

The meaning and theory behind Taegeuk 3 are rooted in the concept of "ra," which represents the power and energy of the universe. The movements of the form are designed to embody the characteristics of ra, such as power, speed, and precision. The form emphasizes the use of quick and explosive movements, as well as strong and dynamic techniques, which symbolize the power and energy of the universe.

Techniques build upon the foundation established in the previous forms and challenge the practitioner to develop their strength, speed, and accuracy. The form also emphasizes the use of different directions and angles, which develop the practitioner's spatial awareness and adaptability.

In addition to its physical benefits, Taegeuk 3 also has important mental and philosophical aspects. The form teaches the practitioner about the values and principles of Taekwondo, such as humility, perseverance, and indomitable spirit. By practicing Taegeuk 3 and mastering its techniques, students develop not only their physical abilities but also their mental focus and character. This foundation sets the stage for success in Taekwondo and in life.

THE KICKS OF A YELLOW BELT

As a yellow belt in Taekwondo, it is important to continue to build on the basics and add new techniques to your repertoire. In addition to the kicks you learned as a white belt, there is one more kick that you should learn: the back kick, or Dwi Chagi.

- Dollyeo Chagi (Roundhouse Kick) - This is one of the most commonly used kicks in Taekwondo. It involves lifting your leg and rotating it around to strike your opponent's side, torso, or head with the top of your foot. This kick can be executed with both the lead and rear leg.

- Meereo Chagi (Push Kick) - This kick involves pushing your opponent away with your foot. It is a quick and powerful kick that can be used to create distance between you and your opponent.
- An Chagi (Out In Kick) - This kick is also known as the hook kick. It involves swinging your leg around and striking your opponent's head or body with the back of your foot.
- Yeop Chagi (Side Kick) - This kick is performed by extending your leg out to the side and striking your opponent's body or head with the blade of your foot. This kick is often used to strike the ribs or hip of an opponent.
- Ap Chagi (Front Kick) - This kick is executed by raising your knee and extending your leg forward to strike your opponent's body or head with the ball of your foot. This kick can be used to push your opponent back or create distance between you and your opponent.
- Dwi Chagi (Back Kick) - start by pivoting on your supporting foot and turning your back towards your opponent. Then, raise your kicking leg and drive it backward, striking your opponent with your heel. It is important to maintain good balance and control during the kick, as it can leave you vulnerable to counter-attacks if executed poorly.

FUNDAMENTAL STRIKES AND PUNCHES

Strikes are used to attack an opponent. The two main strikes that yellow belt students learn are:

Sonnal Mok Chigi - This is a knife-hand neck strike that is performed by using the knife-edge of the hand to strike the opponent's neck. The striking arm is raised above the shoulders, and the hand is formed into a knife-hand shape.

Bandae Jireugi - This is a reverse punch that is performed by extending the arm forward and striking the opponent's chest with a clenched fist. The striking arm moves across the body, and the other hand is kept in a fist at the hip.

Punches are used to strike an opponent with the hand. The two main punches that yellow belt students learn are:

Olgul Jireugi - This is a high punch that is performed by punching upward with the arm extended. The fist is clenched, and the elbow is pointed downwards.

Bandae Jireugi - This is the same reverse punch mentioned earlier in the strikes section. It is also used as a punch in some techniques.

AFTERWORD

Congratulations on completing the Taekwondo Training Blueprint for Yellow Belt - The Rising Sun, Which Brings Life. As a yellow belt, you have demonstrated a deeper understanding of Taekwondo techniques and philosophy, and have shown great progress in your training.

The symbolism of the rising sun represents a new beginning and the promise of a bright future. As you continue your journey in Taekwondo, I encourage you to embrace this symbolism and use it as inspiration to set new goals and challenges for yourself.

Remember that the journey of Taekwondo is not just about mastering physical techniques but also about developing mental discipline and fortitude. Continue to cultivate a strong spirit and positive mindset, and use these qualities to overcome challenges both inside and outside of the studio.

As you progress through the ranks, the training will become more intense, and the expectations will become higher. However, do not let this discourage you. With dedication and practice, you can continue to improve and achieve success in Taekwondo and in all areas of your life.

I hope that it has provided you with a deeper understanding of this martial art and has inspired you to continue to pursue excellence in all aspects of your life. May the rising sun continue to bring new opportunities and a bright future for you on your journey through Taekwondo.

Sincerely,

The Author