



# Brent Ellison Taekwondo USA

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## Poomse Set 7th Grade Yellow Belt

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- A. First Stripe - Life Skill
- B. Second Stripe - Completed Material
- C. Prepared for Testing – Fourth Stripe

1. Right foot steps back into a back stance and do a left double knife hand block.
2. Do a left jump front kick – land with feet close together.
3. Right round kick – step down feet together and turn to your left.
4. Do a left reverse side kick.
5. Land in a middle stance and do a left back fist head level. **Kihap**
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6. Step into a right front stance and do a right low block.
7. Remain in the right front stance and do a single arm right inner forearm block.
8. Pull your right arm to the guard position by your right ear while at the same time you do a left reverse punch face level.
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9. Step into a left front stance and do a left low block
10. Remain in the left front stance and do a single arm left inner forearm block.
11. Pull your left arm to the guard position by your left ear while at the same time you do a right reverse punch face level.
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12. Step to the right with your right foot into a back stance and do a right knife hand strike to head level. **Kihap**
13. Do a left inner crescent kick head level and step down feet together.
14. Turn to the right and do a right reverse side kick to the mid section area.
15. Land in a back stance and do a double knife hand block.
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16. Do a right jump front kick – land with feet close together.
17. Left round kick– step down feet together and turn to your right.
18. Do a right reverse side kick.
19. Land in a middle stance – and do a right back fist head level. **Kihap**
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20. Step with left foot to the left – land in a middle stance and do a left low block.
21. Remain in the middle stance and do a left back fist head level.
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22. Step with right foot to a middle stance and do a right low block.
23. Remain in the middle stance and do a right back fist head level.
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24. Step to the left with your left foot into a back stance and do a left knife hand strike head level. **Kihap**
25. Do a right inner crescent kick head level and step down feet together.
26. Turn to the left and do a left reverse side kick to the mid section area.
27. Land in a back stance and do a double knife hand block.

### • Important Information on Poomse Set (Yellow Belt Pattern)

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**Poomse Set** has **27 movements** in the pattern and is broken down in groups of “combinations”. After you learn the 27 basic movements of the pattern, it’s important that you then begin to practice the pattern in the combinations found in the pattern. You’ll also see that the direction of the pattern flows to the right and is the mirror image of the Orange Belt pattern which flows to the left. The pattern is laid out in a rectangle which allows you to develop your techniques and skills while simulating fighting multiple opponents.

## Yellow Belt Kicking Combinations

Start out by jumping back from the “attacker” with pad when he “attacks” into base position & sparring stance. You must perform each kicking combination on both sides of the body. (After doing the 1st side of the body, skip back into the base position & sparring stance and perform the kicking combination on the other side of the body)

1. #2 round kick, #2 round kick, reverse side kick
2. #3 jump front kick, #2 round kick, reverse side kick
3. #2 inner crescent kick, reverse side kick, #3 skip in round kick

**Kicking combinations** are designed to help the student increase his/her kicking speed. The goal at Yellow Belt is to teach the concept of using practical, more accurate and usable **fighting combinations**. The student needs to progress from simply throwing random, unplanned single techniques to a series of planned and well thought out “combinations”

• **Developing Stronger and Higher Kicks** - In order to develop stronger and higher kicking techniques, you should begin to focus on doing **5 concentration side kicks** each day during your practice time. Work on the following to achieve this important goal:

1. **Beginning position** - Place your hand on the wall at shoulder level
2. **Chamber** – your knee to your chest or as high as you can raise it
3. **Pivot** – turn your hip over toward the imaginary target and pivot your base foot at the same time. *(be sure that the heel of the base foot is turned toward the imaginary target)*
4. **Kicking** – push the heel in a straight line toward the imaginary target to a slow count of 4 *(the heel of the kicking foot should be in a straight line from your hip when the leg is fully extended)*
5. **Re-chamber** – completely re-chamber your knee to a slow count of 4 – then un-pivot & set leg down

## • Color Belt Philosophy

The philosophical interpretation of the Yellow Belt is:

***“The young sapling is starting to become a strong pine, however it must struggle to make its way up through the other trees.”***

*With this third pattern, the student begins to find his/her place in the world of Taekwondo.*