

8th Kup yellow belt Merit Badges
To be done in order. One badge every 4-6 weeks



1. High section punches.
 Jumping, Flying & stationary no. 7



2. Stretching- All types no.27



3. Knife Hand side strike &
 Knife Hand guarding block no.4



4. Side Kick. To pads & 10 each leg with
 hand on wall & off wall no. 12



5. Sit Ups. Number Depends on student
 & age. Either 20,30 or 50 no.98



6. Twin Forearm block &
 Terminology from white belt no. 78

7th Kup Yellow belt green tags Merit Badges



1. Back piercing kick.
 Technical kicking & sparring drills no.13



2. 3 Step sparring no.66



3. All new moves in Do-San
 & terminology for 7th kup no. 68



4. Board breaking. Side Kick
 Back kick, Front kick & Kinfe hand no.28



5. All patterns from white belt &
 terminology for each pattern no.8



6. Crossing hands correctly for every
 Block & strike naming parts of the hand no.32