

YELLOW BELT



Form

Kyuki II Chang (30 movements)
Spark Spirit. Kyuki-do's ability to awaken the spiritual potential within each of us.

Blocks

Guarding Block
Double Knife Hand Block

Stances

Horse Stance

Self-Defense

Haymaker Punch Block

Strikes

Palm Heel Strike
Back Leg Side Thrust Kick
Step Up Side Thrust Kick

Grappling

Front Break Fall
Trap and Roll (mount defensive)