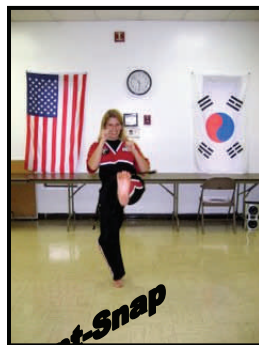
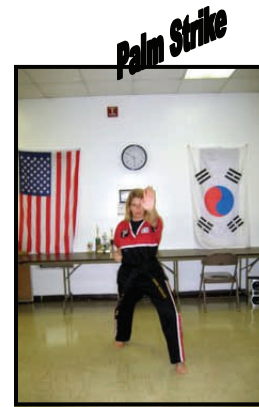
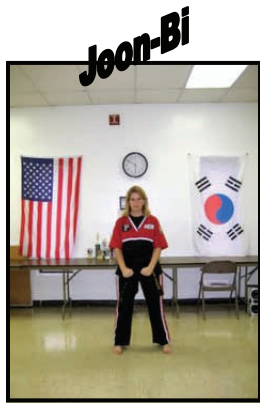


# Odessa Martial Arts YELLOW STRIPE TEST

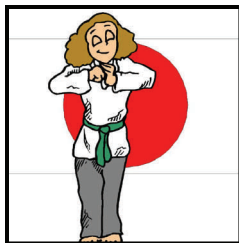


??? What does Taekwon-Do Mean??  
Tae=Kick    Kwon=Punch    Do=Art



## Self Defense

Show that you can defend yourself using a low block and a counter strike. 3x's/  
Show 3 different places to attack.



## Pre-Form



## Break 1 Board



## Non-Contact Sparring

Only kicks and punches above the belt and to the front are allowed. Hands should stay in fist. White belts aim should be about a 10" away from the target, Green Belts 5", Red Belts 1". No contact on strikes!