



GREEN BELT

Please study your Poomse and Questions for your Exam!

If you need extra help sign-up for Private Sessions.

I. POOMSE: Taeguek 2 – Tae guek ee Jang

This form is based on the concept of Tae, which is symbolized Joy. Tae teaches us to look for the lasting joys that can be found in firm correctness, truth and learning.

II. KOREAN TERMINOLOGY (4yrs-6yrs Line 1 Only)

Line 1: Form (poomse) **Yelling** (kiyap) **Thank You** (kam-sa-hap-needah)

Line 2: Turn Around (Dwi-ro-doe-rah) **Begin** (She-jahk) **Front Kick** (Ahp-chagi)

III. PHILOSOPHY: (4-6yrs only questions 1 & 2)

1. Why do you yell in Taekwondo?

To develop strength with concentration, power and confidence SIR!

2. What is a Good Student?

A good student has the desire to learn and achieve goals SIR!

3. What makes power?

Power is made by weight and speed together with relaxation concentration, and confidence SIR!

4. What is the meaning of Green Belt?

This is the color of the sprout and represents the spring when growth and activity abound. This is continued growth of knowledge SIR!

IV. BREAKING:

Step Behind Side Kick

V. SPARRING:

Cameras and Video welcome!!!