



Hi-BROWN BELT

Please study your Poomse and Questions for your Exam!

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

I. POOMSE: Taeguk 7 – Tae guек Chil Jang

This form is based on the concept of Gan, which means "top stop." It symbolizes a mountain. We should stop when we should and we must go forward when we must; moving and stopping should match with time and order to achieve things. A mountain never moves. People must learn the stability of the mountain. We should not act in a hasty manner.

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

Line 1: **Sparring** (kyo-roo-gi) **Side Kick** (yup-chagi)

Line 2: **Separate** (Galyuh) **Chest protector** (Hogu) **Back Kick** (dwi-chagi)

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

1. What is the meaning of Brown belt?

This represents the earth in which the roots are developing to nourish the plant.

The roots of Taeguk have formed and the growth of the knowledge and skills continues SIR!

2. How has Taekwondo changed your life at home and school?

(your own answer)

3. Why do we do Poomse?

To develop body balance, coordination, technique and to simulate confrontation with style and grace SIR!

4. What is the School Creed?

1. To build ourselves physically and mentally..
2. To build friendship with one another to be a strong group.
3. Never fight to achieve selfish ends but to develop might for right... **SIR!**

IV. BREAKING:

Speed Reverse Round House Kick, Reverse Side Kick

V. SPARRING:

Cameras and Video welcome!!!