



YELLOW BELT

Please study your Poomse and Questions for your Exam!

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

I. POOMSE: Taeguk 1 – Tae guk Il Jang

This form is based on the concept of Keon, which is symbolized by the heavens and the universe. Keon teaches us to be like the constantly changing universe- creative, active and diligent.

II. KOREAN TERMINOLOGY

Sparring (kyo-roogie) **Forms** (Poomse)

Rest (Ba-ro) **Yelling** (ki-yap) **School** (dojang)

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

1. What is the meaning of Yellow Belt?

This represents the warmth of the winter's sun that melts the winter's snow and allows the seed to germinate. This is the birth of conscious and purposeful action SIR!

2. Why do we bow in Taekwondo?

To show sincerity and respect SIR!

3. Why do you yell in Taekwondo?

To develop spiritual strength with concentration, power and confidence SIR!

4. Why do you like Taekwondo?

(Answer in your own words)

IV. BREAKING:

Front Snap Kick

V. SPARRING:

If student does not have sparring gear yet student should have one by next belt test.

Cameras and Video welcome!!!