

KOREAN TERMINOLOGY:

POOM SAE	Pattern or Form
KEY-YUCK PA	Breaking
KEY-YO ROO GI	Sparring or Fighting
HO SIN SOOL	Self-defense
OP GOO BEE JA-SAY	Front Stance
DOO-IT GOO BEE JA-SAY	Back Stance
KEY-MA JA-SAY	Horseback Riding Stance
JOO CHOOM SO GI	
KEY-YO ROO GI JA-SAY	Sparring/Fighting Stance

THE MEANING AND SIGNIFICANCE OF THE GREEN BELT ?

The Green Belt signifies the color of spring, starting to grow, the beginning.

WHAT PART OF THE FOOT CAN WE USE FOR THE HOOK KICK ?

The side, heel or bottom of the foot. For Breaking we use the Heel of the foot.

THE LITERAL MEANING OF TAE KWON DO:

TAE	Foot; to strike with the foot
KWON	Hand or Fist; to block or strike with the hand or fist.
DO	The way or art of combining the mind and body

Requirements to advance to 5th Gup - High Green Belt:

FITNESS

1. 6th Gup Study Guide : 2. 30 Push-ups, Modernized Sit-ups, 25 Candle Stick Jumps : 3. Jump Reverse Punch

BASIC TECHNIQUES

1. Front Leg Hook Kick, Back Leg Hook Kick & Turning Hook Kick
2. Front Leg Jump Side Kick

POOMSAE PATTERN/FORMS

1. Tae Geuk Ee Jang (# 2) : 2. Tae Geuk Som Jang (# 3)
3. Review Rolling & Falling

SELF-DEFENSE & SPARRING

1. Green Belt One-Step Self-Defense
2. Purchase Your own Head Gear

BREAKING

Front Leg Jump Side Kick with the bottom of the Heel of the Foot.