



**OH (5TH) GUP**  
**HIGH GREEN BELT**  
**STUDY GUIDE**

**WHAT ARE THE PREDECESSORS OF TAE KWON DO?** Taekyon & Soobaki

**HOW DO YOU MAKE POWER ?**

**ADULT:**

Power or Energy in a kick or punch is created by the mass of the object performing the strike multiplied by the velocity squared that the hand or foot is moving; thus this formula,  $E = MV^2$  (Energy = Mass x Velocity *squared*). Therefore, speed of the hand or foot has a much greater importance in producing the energy created for a strike than does the mass of the object. Also with concentration, yell, balance and confidence.

**CHILD ANSWER:**

Power = The weight of the person x the speed of the person's hand or foot x 2 + concentration, yell, balance and confidence.

**WHY DO WE PRACTICE BREATHING CONTROL ?**

To develop internal or spiritual strength and endurance. In Korean we call this Ki Energy.

**WHY DO WE PRACTICE STRENGTH AND RELAXATION TECHNIQUES?**

Because an effective kick, block or punch begins with relaxation for speed and ends with tightness for strength; therefore, we practice each separately and put them together. The strength exercise also increases the muscle tone and gathers energy. The relaxation exercise develops agility and speed.

**MEANING OF THE AMERICAN FLAG:**

The flag of the United States of America is called "Old Glory." There are thirteen stripes on the American flag to represent the 13 original colonies and 50 stars to represent the 50 states. There are three colors on the American flag; Red Stands for courage, war and blood; Blue stands for justice and ambition; White stands for truth, freedom and purity.

**WHAT IS THE NAME OF THE AMERICAN NATIONAL ANTHEM AND WHO WROTE IT?**

"The Star Spangled Banner" written by Francis Scott Key from a poem written in 1814.

**Requirements to advance to 4th Gup - Blue Belt:**

**FITNESS**

1. 5th Gup Study Guide
2. 35 Push-ups, Modernized Sit-ups, 25 Candle Stick Jumps

**BASIC  
TECHNIQUES**

Kicking Combinations with Front Leg, Back Leg & Turning Hook Kicks

**POOMSAE  
PATTERN/FORMS**

1. Tae Geuk Som Jang (# 3)
2. Tae Geuk Sah Jang (# 4)
3. Review Rolling & Falling

**SELF-DEFENSE  
& SPARRING**

1. High Green Belt Two-Step Self-Defense
2. Purchase Your Chest Gear

**BREAKING**

Turning Hook Kick with the bottom or Back of the Heel of the Foot.