

## WHAT IS A POOMSAE? Pattern or Form

A choreographed demonstration of various kicks, blocks and other hand techniques of Tae Kwon Do which the student utilizes against an imaginary opponent.

## WHAT IS KEY-YO ROO GI? Sparring or Fighting

A practical application of various techniques against an actual opponent.

## WHAT IS KEY-YUCK PA? Breaking

Done to practice and illustrate the formidable power, precision and great mental concentration of the Tae Kwon Do practitioner.

## WHAT IS HO SIN SOOL? Self-Defense

The study of how to use an attacker's strength, skills or weapons against him or her.

## WHAT IS JUNG SHIN TONG ILL? Meditation

For the purpose of concentration practice in order to focus precision and power, visualize goals, and listen to one's conscience for internalizing important truths and moral standards.

## WHAT IS ONE-STEP SELF-DEFENSE OR ONE-STEP SPARRING?

Choreographed or No Contact sparring at a one-step distance.

## Requirements to advance to Bo Cho Don (Deputy) Black Belt (4 Months Time In Grade)::

### FITNESS

1. 1st Gup Study Guide : 2. 75 Push-ups, V Sit-ups, 50 Power J-Jacks
2. My Taekwondo Journey, My Instructor & My Dojang. (2 Pgs Typed 12 Font)

### BASIC TECHNIQUES

1. All Kicking and Hand Techniques
2. Jump Turning Hook Kick

### POOMSAE PATTERN/FORMS

1. All Tae Geuk Poomsaes : 2. Tae Geuk Pal Jang (# 8) :
3. Review Rolling & Falling

### SELF-DEFENSE & SPARRING

1. All One-Step Self-Defenses + High Red Belt Step Defense Variations
2. Sparring; 1-on-1, 2-on-1 : You must have your own full set of gear.

### BREAKING

1. Power: 1 Brick (Adults/Teens) : 2 Boards (Ages 12 & Under)
2. Jump Turning Hook Kick, Speed Hand Technique + Your other favorite Kick