

## KOREAN TERMINOLOGY:

COOKIE YEA DAY HA YO KEYOUNG NET	Salute or Bow to the flag.
SA BUM NIM KAY KEYOUNG NET	Bow to the Instructor.
BOO SA BUM NIM KAY KEYOUNG NET	Bow to the Assistant Instructor.
ON YOUNG HA SAY YO	Hello / How are you?
GOM SA HOP KNEE DA	Thank you.
COOK GI (Cookie)	Flag
KEUMHAN (Come-On)	Stop
SEE JOCK	Begin
MOOK NIM	Meditation

## ORDINAL/SEQUENTIAL NUMBERS:

ILL	1ST
EE	2ND
SOM	3RD
SAH	4TH
OH	5TH
YUKE	6TH
CHIL	7TH
PAL	8TH
KOO	9TH
SIP	10TH

## TAE KWON DO is:

- A Korean martial art.
- Complete exercise of the mind and body.
- Has a 10 million Masters and Black Belt World population.
- Practiced by more than 80 million students in over 208 Countries.
- An Olympic sport since 1988.

## Requirements to advance to 8th Gup - Yellow Belt:

### **FITNESS**

1. 9th Gup Study Guide : 2.15 Push-ups, M Sit-ups, Jumping Jacks :
3. Kicking Combination

### **BASIC TECHNIQUES**

1. Kwon Sool (Korean) : 2. Traditional Basic Blocking (Front Stance Stepping)

### **POOMSAE PATTERN/FORMS**

1. Blocking Form : 2. Hwa Rhang Poomsae : 3. Front, Back & Side Falls

### **SELF-DEFENSE & SPARRING**

1. One-Step Self-Defense : 2. Front, Back & Side Falls
3. Purchase your own Groin Protector & Mouth Piece/Guard

### **BREAKING**

- Back Leg Side Kick with the bottom of the Heel of the Foot.