

KOREAN TERMINOLOGY:

OP CHA GI	Front Kick
YOP CHA GI	Side Kick
DOLE RIO CHA GI	Roundhouse Kick
NAE REO MAK GI	Downward Block
OH LEE OH MAK GI	Upward Block
ON MAK GI	Inside Block
BHAK OT MAK GI	Outside Block

WHY DO WE WEAR DIFFERENT COLORED BELTS ?

To symbolize the increase of one's knowledge with the darkness of color.

WHY DO WE YELL ?

To develop internal and spiritual strength, concentration and confidence.

WHY DO WE WEAR A WHITE UNIFORM ?

I wear a white uniform to present myself as a clean piece of paper on which Sa Bum Nim and I can write the knowledge of Taekwondo. When there is no more knowledge to learn every inch of paper will be filled. Because there is always more to learn the paper is never full.

Requirements to advance to 6th Gup - Green Belt:

FITNESS

1. 7th Gup Study Guide : 2. 25 Push-ups, Modernized Sit-ups, Jumping Jacks

BASIC TECHNIQUES

Kicking Combination with Hop-Step Front Kick, Hop-Step Side Kick , Hop-Step Roundhouse Kick & Turning Side Kick

POOMSAE PATTERN/FORMS

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

SELF-DEFENSE & SPARRING

1.High Yellow Belt Two-Step Self-Defense
 2. Control Contact Sparring

BREAKING

Turning Side Kick with the bottom of the Heel of the Foot.