

KOREAN TERMINOLOGY:

CHA GI	Kick	IN JUNG (Philtrum)	High section attack point
MOK GI	Block	ME-YONG CHI (Solar plexus)	Middle section attack point
SO GI or JAH SAY	Stance	DON JUNE (Abdomen)	Low section attack points
JI RUE GI	Punch	NANG SIM (Groin)	
CHEE GI	Strike		
DONG JOCK	Movement		

THE MEANING AND SIGNIFICANCE OF THE YELLOW BELT ?

The Yellow Belt signifies the color of the sun rising in the morning and represents the path to knowledge.

WHY DO WE BOW ? We bow to show respect and also as a gesture of politeness.

NAME OF THE PATTERNS OR FORMS WE DO IN CLASS? Tae Geuk

HOW MANY TAE GEUK POOMSAE (FORMS) ARE THERE? Eight (8)

THE MEANING OF TAE GEUK ?

The nature of the universe! The nature of universe is created to be balanced by opposites, such as day & night, fire & water, which is the basic rule of nature.

Requirements to advance to 7th Gup - High Yellow Belt:

FITNESS

1. 8th Gup Study Guide : 2. 20 Push-ups, Modernized Sit-ups, Jumping Jacks

BASIC TECHNIQUES

Hop-Step Front Kick, Hop-Step Side Kick , Hop-Step Roundhouse Kick & Turning Side Kick

POOMSAE PATTERN/FORMS

1. Hwa Rhang Poomsae : 2. Tae Geuk Ill Jang (# 1)
3. Front & Back Rolls

SELF-DEFENSE & SPARRING

1. Yellow Belt One-Step Self-Defense
2. Purchase your own Shin/Instep & Arm Pad

BREAKING

Hop-Step Front Kick with the Ball of the Foot.