



Hi-GREEN BELT

Please study your Poomse and Questions for your Exam!

If you need extra help sign-up for Private Sessions.

I. **POOMSE:** Taeguek 3 – Tae guek sam Jang

This form is based on the concept of Ri, which is symbolized by Fire. Ri teaches us to have firm principles by which we conduct our life.

II. **KOREAN TERMINOLOGY** (4yrs-6yrs Line 1 Only)

Line 1: Thank You (kam-sa-hap-needah) **Begin** (She-jahk) **Axe Kick** (nae-yo-chagi)

Line 2: How are you (Ahn-young-ha-sae-yo) **Bow to Flag** (Kook-ki-ayuh-kyung-nae)

III. **PHILOSOPHY:** (4-6yrs only questions 1 & 2)

1. What is the meaning of Green Belt?

This is the color of the sprout and signifies the spring, the beginning and growing SIR!

2. What does Taekwondo mean?

Tae- to punch

Kwon – to kick

Do - Way of Life SIR!

3. What are the 3 attack points?

High section – In Joong (under the nose)

Middle section – myung chi (solar plexus)

Low section – dan chun or nang shin (groin)

IV. **BREAKING:**

Reverse Side Kick

V. **SPARRING:**

Cameras and Video welcome!!!