



BLUE BELT

Please study your Poomse and Questions for your Exam!

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

I. POOMSE: Taeguek 4 – Tae guek Sa Jang

This form is based on the concept of Jin, which represents Thunder. Jin teaches us to remain calm and peaceful, even in the face of the loudest thunder.

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

Line 1: Stop (Goo-mahn) **Uniform** (dobok) **How are you** (Ahn-young-ha-sae-yo)

Line 2: Back stance (dwi-koo-bee) **Roundhouse kick** (dol-yo-cha-gi)

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

1. Why do we practice breath control?

To develop spiritual strength and stamina SIR!

2. What does the "Master" mean?

It means "fathering of student." Master and student is like father and son/daughter SIR!

3. How is your Master Instructor different from your teachers at school?

(Your own answer)

4. Do you know why stretching exercises are necessary in Tae Kwon Do?

We stretch to warm up our muscles and prevent injury and promote flexibility SIR!

5. Why are there different colored belts?

As we increase our knowledge and ability the color darkens as we advance SIR!

IV. BREAKING:

Step Reverse Side Kick

V. SPARRING:

Cameras and Video welcome!!!