



RED BELT

Please study your Poomse and Questions for your Exam!

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

I. POOMSE: Taeguk 8 – Tae guk Pal Jang

This form is based on the concept of Gon, which represents the Earth. It means the root and settlement of the beginning and the end..

II. KOREAN TERMINOLOGY

Line 1: Tiger Stance (poom-sogi) Chest protector (Hogu) Referee (joo-sim)

Line 2: Continue (Gey-sok) Breaking (kyuk-pa) Falling techniques (Nak-bup)

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

1. Why do you practice breaking techniques?

To develop power, precision, concentration and to actually test the effectiveness of various techniques SIR!

2. Taekwondo teaches you to be more confident and have respect.

Give us one example.

(your own answer)

3. We attend many tournaments. Explain what a sparring competition is?

Taekwondo sparring competition is conducted by two players, Chung (blue) and Hung (red). Competitors are matched in groups by belt color, age and weight class. Only punching and kicking techniques are allowed. Points and warnings are given by the Referees and the competitor with the most points win the match SIR!

IV. BREAKING:

Speed Reverse Round House Kick, Tornado Kick

V. SPARRING:

Cameras and Video welcome!!!