

GREEN BELT

Please study your Poomse and questions!
If you need extra help sign-up for Private Sessions.

I. POOMSE: Taeguek 3- Tae guek sahm 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-needa) **Begin** (She-Jak) **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 olds Questions 1 & 2)

1. What is the meaning of the Green Belt?

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:

1. Front Snap Kick (ball of foot)

V. SPARRING