

# **BROWN BELT**

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

## **I. POOMSE:** Taeguk 7 – Tae guk cheel jahng

*This form is based on the concept of Gan, which represents Mountain. Gan reminds us to be calm and have peace in mind.*

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

**Line 1: Sparring** (kyo-roo-gi) **Side Kick** (yup-chagi)

**Line 2: Separate** (Galyuh) **Chest protector** (Hogu) **Back Kick** (dwi-chagi)

## **III. QUESTIONS:** (4-6yrs old Questions 1 & 2 Only)

### **1. What is the meaning of Brown belt?**

Signifies the earth or mountains and developing a strong foundation SIR!

### **2. How has Taekwondo changed your life at home and school?**

### **3. Why do we do Poomse?**

To develop body balance, coordination, technique and to simulate confrontation with style and grace SIR!

### **4. What is the Student Creed?**

I will develop myself in a positive manner and avoid anything that will impair my mental growth or physical health.

I will develop self-discipline in order to bring out the best in myself and others.

I will use what I learn in class constructively and defensively, to help myself and my fellow man and never be abusive or offensive...**SIR!**

## **IV. BREAKING:**

1. Flying Side Kick (heel of foot)

## **V. SPARRING**