

ORANGE BELT

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

I. **POOMSE:** Taekguek 2 – Tae guek ee-jahng

This form is based on the concept of Taen, which is symbolized Joy. Tae teaches us to look for the lasting joys that can be found in firm correctness, truth and learning.

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

Line 1: **Form** (poomse) **Yelling** (kiyap) **Thank You** (kam-sa-hap-needah)

Line 2: **Turn Around** (Dwi-ro-doe-rah) **Begin** (She-jahk) **Front Kick** (Ahp-chagi)

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

1. **Why do you yell in Tae Kwon Do?**

To develop strength with power and confidence SIR!

2. **What is a Good Student?**

A good student has the desire to learn and achieve goals SIR!

3. **What makes power?**

Power is made by weight and speed together with relaxation, concentration, and confidence SIR!

4. **What are the TENENTS OF TAEKWONDO?**

1. Self Confidence
2. Perseverance
3. Modesty
4. Etiquette
5. Fighting Spirit
6. Self Control
7. Discipline

IV. **BREAKING:**

1. Knife Hand

V. **SPARRING**