

# PURPLE BELT

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

## **I. POOMSE: Taekguek 4- Tae guek sah 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: (4-6yrs old 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 old Questions 1 & 2 only)**

### **1. Why do we practice breath control?**

To develop spiritual strength and stamina SIR!

### **2. What does the word “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:**

1. Roundhouse Kick (ball of foot)

## **V. SPARRING**