

SR. BLUE BELT

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

I. POOMSE: Taeguek 6- Tae guek yook jahng

This form is based on the concept of Gam, which represents Water. Gam teaches us to be like water, flowing and gentle yet firm in purpose.

II. KOREAN TERMINOLOGY:

Skipping Forward (chun-jin) **Skipping Backward** (hoojin) **Back Kick** (dwi-chagi)

III. QUESTIONS: (4-6yrs old questions 1 & 2 Only)

1. Why do we meditate in Taekwondo?

It helps us achieve deeper insight, greater awareness and a feeling of calm relaxation
SIR!

2. Name 3 People in your life that you respect and explain why.

Your own answer.

3. What are the Principles of Taekwondo?

1. Be loyal to your country
2. Be obedient to your parents
3. Be cooperative between brothers & sisters
4. Be respectful to your elders
5. Be faithful between teacher and student
6. Be faithful between friends
7. Use your skills for defense only
8. Never give up and always finish what you start SIR!

4. Can you explain why you Practice “One-step sparring”?

To develop effective offense and defense, control of distance, precision and reaction time
for sparring SIR!

IV. BREAKING:

1. Back Kick (heel of foot)

V. SPARRING