

# **SR. BROWN BELT**

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

## **I. POOMSE: **Taegeuk 8** – Tae geuk pal jang**

*This form is based on the concept of Kon, which represents the Earth. It means the root and settlement of the beginning and the end.*

## **II. KOREAN TERMINOLOGY:**

**Line 1:** Tiger Stance (poom-sogi) Chest protector (Hogu) Referee (joo-sim)

**Line 2:** Continue (Gey-sok) Breaking (kyuk-pa) Falling techniques (Nak-bup)

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

### **1. Why do you practice breaking techniques?**

To develop power, precision, concentration and to actually test the effectiveness of various techniques SIR!

### **2. Taekwondo teaches you to be more confident and have respect. Give us one example.**

*Your own answer.*

### **3. We attend many tournaments. Explain what a sparring competition is.**

Taekwondo sparring competition is conducted by two players, Chung (blue) and Hung (red). Competitors are matched in groups by belt color, age and weight class. Only punching and kicking techniques are allowed. Points and warnings are given by the Referees and the competitor with the most points win the match SIR!

## **IV. BREAKING:**

Back Spinning Hook Kick

## **V. SPARRING:**