

YELLOW BELT

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

I. **POOMSE:** Taeguk 1 – Tae guk Il Jang

This form is based on the concept of Keon, which is symbolized by the heavens and the universe. Keon teaches us to be like the constantly changing universe- creative, active and diligent.

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

Line 1: School (dojang) **Yelling** (ki-yap)

Line 2: Rest (Ba-ro) **Forms** (Poomse) **Sparring** (kyo-roogie)

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

1. What are the 7 Home Rules for Children?

2. What is the meaning of Yellow Belt?

Signifies the sunrise and opening to receive knowledge SIR!

4. Why do we bow in Taekwondo?

To show sincerity and respect SIR!

3. Why do you yell in Tae Kwon Do?

To develop spiritual strength with concentration, power and confidence SIR!

5. Why do you like Taekwondo?

Your own answer.

IV. **BREAKING:**

Axe Kick (heel of foot)

V. **SPARRING:**

If student does not have sparring gear yet student should have one by next belt test.