



White to Yellow Stripe



POOMSE: Basic Form #1 **First 4 Movements**

KICKS: Axe kick

BREAKING: Hammer Fist

SKILL TEST: Listening Skills 1-2-3-4

KOREAN WORD: **Master:** Sa-bum-nim

QUESTIONS

1. **What is 7 Home Rules of Children # 1?**

- **Answer:** Children should greet their parents with “Hi Mom and Hi Dad” when they enter the house and tell them “Goodbye” when they leave SIR!

2. **What is your mom or dad’s phone number?**



Yellow to Orange Stripe



POOMSE: Basic Form #1 **First 8 Movements**

KICKS: Front Kick

BREAKING: Hammer Fist

SKILLS TEST: Listening Skills 1-2-3-4

KOREAN WORD: **School:** Do-jang

QUESTIONS

1. **What is 7 Home Rules of Children #2?**

- **Answer:** Children will be respectful to their Parents, Teachers and Elders SIR!

3. **Who is your Grandmaster?** Grandmaster Young In Cheon SIR!



Orange to Green Stripe



POOMSE: Basic Form #1 **First 12 Movements**

KICKS: In-to-Out Kick

BREAKING: Hammer Fist

SKILLS TEST: Listening Skills 1-2-3-4

KOREAN WORD: **Uniform:** Do-bok

QUESTIONS

1. **What is 7 Home Rules of Children #3?**

- **Answer:** Children will be kind to their brothers and sisters SIR!

2. **What is your mom birthday?**



Green to Purple Stripe



POOMSE: Basic Form #1 **First 16 Movements**

KICKS: Out-to-In Kick

BREAKING: Hammer Fist

SKILLS TEST: Listening Skills 1-2-3-4

KOREAN WORD: **Bow:** Kyung-nae

QUESTIONS

1. **What is 7 Home Rules of Children #4?**

- **Answer:** Children will keep the household neat and clean SIR!

3. **What is your dad's birthday?**



Purple to Blue Stripe



POOMSE: Basic Form #1

KICKS: Roundhouse Kick

BREAKING: Hammer Fist

SKILLS TEST: Listening Skills 1-2-3-4

KOREAN WORD: Attention: Char-yot!

QUESTIONS

1. What is 7 Home Rules of Children #5?

- Answer: Children will keep their hair, body and teeth clean daily SIR!

2. In an emergency and you need to call the police what number is it? 9-1-1



Blue to Red Stripe



POOMSE: Basic Form #1

KICKS: Side Kick

BREAKING: Hammer Fist

SKILLS TEST: Listening Skills 1-2-3-4

KOREAN WORD: Thank You: Kamsa-hap-nee-da!

QUESTIONS

1. What is 7 Home Rules of Children #6 and #7?

- Answer 6: Children will not interrupt adult conversation SIR!

- Answer #7: Children will fix the recipe for straight A's daily SIR!

2. What do you do if a stranger tries to take you somewhere?

Say, "Stop! I don't know you! Get away from me! Stranger! Stranger!" and run away.