



BROWN BELT

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

I. POOMSE: Taeguk 6 – Tae guk Yook Jang

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

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 10 Creeds of Chung's Tae Kwon Do?

1. Be loyal to your country
2. Be obedient to your parents
3. Be loveable between husband and wife
4. Be cooperative between brothers & sisters
5. Be respectful to your elders
6. Be faithful between teacher and student
7. Be faithful between friends
8. Use your skills for defense only (Be just in killing)
9. Never retreat in battle
10. Accompany your decisions with action 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:

Step Reverse Side Kick, Jumping Front Snap Kick

V. SPARRING:

Cameras and Video welcome!!!