



6th KUB - GREEN BELT

Meaning of green belt: Signifies the color of spring
starting to grow, the beginning.

Form: Taekeuk Sam Jang

Rolling & Falling: Step 1

Breaking: Front Leg Jump Side Kick

TERMS (Children 12 & under pick three. 13 and older pick five)

Meaning of Tae Kwon Do:

Tae = Kick or Foot,

Kwon = Punch or Fist,

Do = The Way, or combining of mind and body.

What part of the foot do we use for hook kick?

Heel, side, or bottom.

Why do we practice falling and rolling?

We practice falling and rolling so that we can allow our partner to perform realistic self defense applications without ourselves getting hurt in the process.

Terminologies

Form	Poom sae	Front Stance	Ahp goo bee ja sae
Breaking	Kyuk pa	Back Stance	Duit goo bee ja sae
Self Defense	Ho shin sool	Yell	Ki hap
Sparring	Kyeo roo gi	Sparring Stance	Kyeo roo gi ja sae
Horse back riding stance		Ki ma ja sae / joo choom seo gi	