



9th KUB - HIGH WHITE

Form: Block & Stance Form,
Chagisool, & Hwarang Poomsae

Breaking: Side Kick

One Step Self Defense

Etiquette: How to tie belt

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

Taekwondo is:

- Korean martial art
- Complete exercise of mind and body
- Over 10 million black belt and master; has more than 80 million practitioners in over 208 countries.
- Olympic sport since 1988 (demonstration sport) 2000 (official sport)

Terminologies

Ordinal Numbers

Kookgi	Flag	1st	Il
Shi-jak	Begin	2nd	Yi
Keu-Man	Stop	3rd	Sam
Mook-neum	Meditation	4th	Sa
Kookgi Yae Dae Ha Yeo Kyeong-naet	Salute to the flag	5th	Oh
Sabumnim-kae Kyeong-naet	Bow to the instructor	6th	Yuk
Sunbaenim-kae Kyeong-naet	Bow to the senior belt.	7th	Chil
Ahn Young Ha Sae Yo	How are you?	8th	Pal
Kam Sa Hap Ni Da	Thank you	9th	Koo
		10th	Ship

Poom sae...

Is a pattern designed to help the student learn the techniques, stances, and movements, of Tae Kwon Do while strengthening the body.

Stances...

Are specific ways of holding and moving the body which will strengthen it, help develop coordination, and aid in the use of self defense.