



7th KUB - H. YELLOW BELT

Form: Taekeuk Yi Jang
Rolling & Falling: Step 1
Breaking: Turning Side Kick

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

WHY DO WE WEAR DIFFERENT COLORED BELTS?

To show an increase in knowledge through the darkness of color.

WHY DO WE YELL?

To develop internal and spiritual strength, concentration and confidence.

About lower abdomen (dan jun) breathing...

Breathing through the lower abdomen into the diaphragm can be accomplished by thinking of your lower abdomen as a balloon. When you breath in in should expand, and shrink as you breath out. This type of breathing allows you to draw in up to **six times** more air than breathing “through the chest.” This type of breathing can keep the mind calmed, and “allows superior oxygen exchange in the lungs resulting in improved muscle performance during activity requiring maximal effort.” ¹

1. Total mindbody training, Jacob Jordan, MD

Terminologies

Front Kick	Ahp chagi	Low block	Ah rae mak ki
Side Kick	Yeop chagi	High block	Eol gul mak ki
Round House kick	Dohl reyo chagi	Inside block	An mak ki
		Outside block	Bak art mak ki