



8th KUB - YELLOW BELT

Meaning of Yellow belt is the color of the sun rising in the morning and the path to knowledge.

Form: Taekuk Il Jang

Rolling & Falling: Step 1

Breaking: Hop Step Front Kick

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

WHY DO WE BOW

- We bow to show respect.
- Also as a gesture of politeness.

TAE KEUK

- The name of the forms or patterns we do in class.
- There are eight different Tae Keuk Poom Sae or Tae Keuk Forms.

THE MEANING OF TAE KEUK

- The nature of the universe.
- The nature of the universe is created to be balanced by opposites, which it is basic rule of nature.

When to use hop step kicks, when to use sliding kicks...

A sliding kick or punch is used to cover a short distance when you are just outside of kicking/ punching range of the target. Hop step kicks are to be used from farther away as they are more powerful, but slower.

Terminologies

Cha gi	Kick	In jung	Philtrum
Mak Gi	Block	Myung chi	Solar Plexus
Ji ru gi	Punch	Don jun	Lower Abdomen
Chi gi	Strike	Nang shim	Groin
Seo gi	Stance	Gyo shin	Inner Shin
Dong jahk	Movement		