



## Sr. BROWN BELT

### I. POOMSE (Forms): Taeguek 8 – Tae Guek Pal Jang

### II. PHILOSOPHY:

#### 1. What is the meaning of the American Flag?

- There are thirteen stripes in the American Flag; the Stripes represent the 13 original colonies. The stars represent the 50 states. The color stand for:

- RED - Courage, War and Blood
- WHITE - Truth, Freedom and Purity
- BLUE - Justice, Loyalty and Ambition SIR!

#### 2. Why do you meditate?

- We meditate because meditation is necessary to gather one's spiritual energy (GI)
- It helps us to achieve deeper insight, greater awareness, and a feeling of calm relaxation
- This serenity can become a habit ever in highly stressful situations.
- In such situations, with the mind cleared of unnecessary distraction, self control is maintained and the proper action can be taken.
- Also, meditation becomes concentration when action is required. SIR!

#### 3. You must know the following terms in Korean.

- Tiger Stance -Poom-Seo-Gi
- Referee -Joo-Shim
- Continue - Gey-Sok
- Breaking -Kyuk-Pa
- Falling techniques -Nak-Bup

### III. BREAKING:

#### 1. Back Spinning Hook Kick