



GREEN BELT

I. **POOMSE (Forms):** Taeguek 3 – Tae Guek Sahm Jang

II. **PHILOSOPHY:**

1. How do you say “How are you and good-bye to someone staying,” and “good-bye to someone leaving” in Korean?

- Ahn-Young-Ha-Shim-Nee –Ka
- How are you?
- Ahn-Young-Hee-Kei-Sheep- See-Yo
-Good-bye (to someone staying)
- Ahn-Young-Hee-Ka- Sheep-See-Yo
-Good-bye (to someone leaving) SIR!

2. Why do we practice breath control?

- To develop spiritual strength (Gi) and endurance SIR!

3. Do you know why you take a test?

- We test to further our knowledge of Tae Kwon Do
- Through test preparation and the test experience we gain confidence by performing under pressure and to let a qualified judge determine the increase of my knowledge. SIR!

4. You must know the following terms in Korean.

- Thank you - Kam-Sa-Hap-Needah
- Bow to Flag - Kook-Ki-Aye-Kyung-Nae
- Axe kick - Nae-Yo-Cha-Gi

III. **BREAKING:**

1. Step Side Kick