



ALL STAR TAEKWONDO



Jr. BLACK BELT

- I. **POOMSE (Forms):** Taeguk 8 – Tae Guek Pal Jang
Kicho il bo, Taeguk 1,2,3,4,5,6,& 7

II. **PHILOSOPHY:**

1. Do you know all the basic names in Korea?
2. Do you know the five requisites of physical development in Tae Kwon Do?
 - The five requisites are:
 1. Contact with natural surroundings
 2. Contact with diverse physical conditions.
 3. Performing suitable exercise.
 4. Eating suitable nourishment.
 5. Getting proper amount of rest.
3. Can you explain the meaning of each color belt?
 - No belt - signifies pure, nothing and clean.
 - White belt - signifies something heavier than no belt and the readiness to change color.
 - Yellow belt - signifies the sunrise and opening to receive knowledge.
 - Green belt - signifies the spring, starting to grow and beginnings.
 - Blue belt -signifies the sky, youth and ambition.
 - Brown belt -signifies the earth or mountains and developing a strong foundation
 - Red belt -represents the sun, its brightness and energy, the physical acts of the individual.
 - Black belt -contains all colors signifying the deepest and most dense knowledge, the accumulation of all preceding levels. SIR!
4. You must know the following terms in Korean.
 - Pre-warning -Joo-We
 - Warning -Kyung-Go
 - Minus Point -Kam-Jum

III. **BREAKING:**

1. Round House Kick
2. One Step Back and Round House Kick
3. Backside Kick
4. Switch Step and One Step Back Spinning Hook Kick