



2nd KUB - RED BELT

The meaning and significance of red belt: The red signifies the color of blood or the sun, developing a strong foundation of your body and nature, also a warning for danger.

Form: Taekeuk Chil Jang

Breaking: Jump Turning Side Kick

Senior Belt Codes:

1. Respect each other.
2. Help each other.
3. Be honest.
4. Be patient.
5. Always stand for justice.
6. Be loyal to yourself.
7. be loyal to your family.
8. be loyal to your country.
9. be loyal to your dojang.
10. Obey and be loyal to your instructor.

BASIC PRINCIPLES OF KI ENERGY

Ki or vital energy cannot be created or destroyed, it exists. Ki energy can be changed, transmuted or transformed once you understand how to tap it. Tae kwon do recognizes that there is no separation of mind and body. Instead there is a balance between the physical, emotional, and intellectual. Once you are truly aware you can see a situation for what it is and see how it can be transformed to achieve your goal. The concentration built by tae kwon do training requires that you focus your personal ki energy and become totally absorbed in your activity. you must be aware of everything and distracted by nothing. You learn to perceive without self conscious thinking. This mental concentration increases physical power tenfold and directs it with maximum efficiency. When timing and focus are precise there is no waste of power or effort. You can act spontaneously, rather than react. The ki provides your basic bio energy. When you accept and understand your ki then the universal flow and balance of nature works through you. You can accept the natural rhythm of any situation and move naturally, and strike naturally. In short, ki is the cosmic ocean in which everything exists. It is kept in balance the by um and yang, working in rhythm. It is at its best when it flows freely, neither to active or to passive in perfect balance.

About visualization in poom sae... During your poom sae practice you should visualize your opponent as well as your offensive and defensive reactions to them. For example, if they are punching and you do a high block, *see* the punch coming in and your hand pushing it up and out of the way. "When actions are clearly visualized neuro-physiologic pathways are formed just as though you are physically performing the action. The same neurotransmitters travel to the same muscles, often at sub threshold levels, resulting in muscle contractions only detectable by EMG monitoring. This process effectively tattoos the physical action into your physiology with subsequent improvement in your abilities" 1

This type of visualization will greatly help you in learning, and understanding your form, as well as applying the applications.

1. From *Total MindBody Training*. By Jacob Jordan, M.D.