



BROWN BELT

I. **POOMSE (Forms):** Taeguk 7 – Tae Guek Chil Jang

II. **PHILOSOPHY:**

1. **Do you know why stretching exercises are necessary in Tae Kwon DO?**

- Stretching exercises are necessary because; flexibility, the result of stretching, promotes youthful agility and a sense of well being. In Tae Kwon Do flexibility allows greater speed in execution of techniques (and so more Power) and a greater range of possible targets on an opponent. SIR!

2. **Why do we do Poom Se?**

- To develop body balance, coordination, technique and to simulate confrontation with style and grace SIR!

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

- Separate -Gal -yuh
- Chest Protector - Ho-gu

III. **BREAKING:**

1. Step Hook Kick