



## **YELLOW BELT**

I. **POOMSE (Forms):** Taeguk 1 – Tae Guek Il Jang

II. **PHILOSOPHY:**

1. **Why do you yell in Tae Kwon Do?**

- To develop spiritual strength with concentration, power and confidence. SIR!

2. **What is the bow?**

- The bow is a Korean form of greeting. SIR!

3. **Why do you bow?**

- We bow to show sincerity of respect. SIR!

4. **When do you bow?**

- We bow to the flags when we enter the Dojang.
- We bow when we exit the Dojang.
- We bow to the Master Instructor anytime and anywhere we see him.
- We bow to a higher level belt and fellow Tae Kwon Do students anytime or anywhere we meet them SIR!

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

- School - Do-Jang
- Yelling - Ki-Yap
- Rest - Ba-Ro
- Forms -Poom-Se
- Sparring -Kyo-Roo-Ki ..... SIR!

III. **BREAKING:**

1. Axe Kick

IV. **SPARRING:**

If students does not have sparring hear yet student should have one by next belt test.