



Sr. BLUE BELT

I. POOMSE (Forms): Taeguek 6 – Tae Guek Yook Jang

II. PHILOSOPHY:

1. What is the advanced student's Code of Honor?

- The advanced student's Code of Honor is:
 1. Respect each other
 2. Be honest
 3. Be patient with other
 4. Help each other
 5. Always stand by the weak
 6. Be loyal to yourself, and your family
 7. Obey and be loyal to your instructor
 8. Be loyal to your Do-Jang SIR!

2. Can you explain why you practice “One by one” fighting and “One step” Sparring?

- We practice one by one fighting and one step sparring to develop effective offense and defense, control of distance, precision, speed and reaction time. SIR!

3. Why do you practice breaking techniques?

- We practice breaking techniques to develop power, precision, concentration, and to actually test the effectiveness of various techniques. SIR!

4. You must know the following terms in Korean.

- Skipping Forward -Chun-Jin
- Skipping Backward -Hoo-Jin
- Back kick -Dwi-Cha-Gi

III. BREAKING:

1. Back Kick