



## 8th KUB - YELLOW BELT

Meaning of Yellow belt is the color of the sun rising in the morning and the path to knowledge.

**Form:** Taekeuk Il Jang

**Breaking:** Hop Step Front Kick

**TERMS (Children 12 & under pick three. 13 and older pick five)**

### WHY DO WE BOW

- We bow to show respect.
- Also as a gesture of politeness.

### TAE KEUK

- The name of the forms or patterns we do in class.
- There are eight different Tae Keuk Poom Sae or Tae Keuk Forms.

### THE MEANING OF TAE KEUK

- The nature of the universe.
- The nature of the universe is created to be balanced by opposites, which it is basic rule of nature.

### When to use hop step kicks, when to use sliding kicks...

A sliding kick or punch is used to cover a short distance when you are just outside of kicking/ punching range of the target. Hop step kicks are to be used from farther away as they are more powerful, but slower.

### Terminologies

Cha gi	<b>Kick</b>	In jung	<b>Philtrum</b>
Mak Gi	<b>Block</b>	Myung chi	<b>Solar Plexus</b>
Ji ru gi	<b>Punch</b>	Don jun	<b>Lower Abdomen</b>
Chi gi	<b>Strike</b>	Nang shim	<b>Groin</b>
Seo gi	<b>Stance</b>	Gyo shin	<b>Inner Shin</b>
Dong jahk	<b>Movement</b>		