



5th KUB - H. GREEN BELT

Form: Taekeuk Sa Jang

Breaking: Turning Hook Kick

TERMS (Children 12 & under pick two 13 and older three)

Predecessors of Tae Kwon Do Tae Kyon & Soo bahk ki

About the American flag:

There are thirteen stripes on the flag, representing the thirteen original colonies. The fifty stars represent the fifty states.

- Red color... represents blood, war, and courage.
- Blue color... represents justice and ambition.
- White color... represents truth, freedom, and purity.

How to make fast kicks and punches...

When you punch, you should punch as fast as you can (but make sure to punch and kick the right way!) and right before you hit the target squeeze (tense) your fist as tight as you can. After you hit the target, relax your hand (or foot) again.

Why practice strength and relaxation kicks and punches?

Because an effective kick or punch begins with relaxation for speed and ends with tightness for strength; therefore, we practice each separately and then put them together. The strength exercise develops better muscle tone, and gathers energy. The relaxation exercises develop agility and speed. The best time to practice these exercises are during your poomsae.

How do you make power?

The power or energy in a kick or punch is created by the mass of the moving object performing the strike multiplied by the velocity squared that the fist or foot is moving. (Energy= mass x velocity) Thus the speed of the hand or foot is of much greater importance in producing the energy created for a strike than does the mass of an object. This works best with Concentration, yell, balance, and confidence.

About body conditioning... There are several types of body conditioning, this one refers to bone conditioning. It should only be practiced by adults, and only when shown the proper way. Make sure you are not striking the surface too hard, and if you cut yourself you should stop immediately. When you strike something (with the knuckles, shin, or any body part) the bone structure breaks down much like muscle and reforms harder and thicker, giving your strikes more power, and your body more protection.