



ORANGE BELT

I. **POOMSE (Forms):** Taeguek 2 – Tae Guek Ee Jang

II. **PHILOSOPHY:**

1. **Can you explain what makes power?**

- Power is made by weight and speed together with relaxation, concentration and confidence. SIR!

2. **Where are the three attack points when you punch or kick?**

- The three attack points for punching and kicking are:
 1. High section - in Joong
 2. Middle section - Myung Chi
 3. Low section - Dan Jun or Nang Sin SIR!

3. **Why are there different colored belts?**

- The increase in knowledge and ability is symbolized by the darkness of the colors in the belts as one advance. SIR!

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

- Form - Poom-se
- Yelling - Ki-yap
- Thank you - Kam-Sa-Hap-needah
- Turn Around - Dwi-Ro-Doe-Rah
- Begin - She-Jahk
- Front Kick - Ahp-Cha-gi

III. **BREAKING:**

1. One Step Axe Kick