



## 1st KUB - H. RED BELT

**Form:** Taekeuk Pal Jang

**Breaking:** Jump Turning Hook,  
Speed Hand, Power Breaking,  
Your own choice.

### **Why do we practice breaking? (kyuk pa)**

To practice and show the great power, precision, and focus of the Tae Kwon Do practitioner

### **Why do we practice sparring?**

To build the reflexes, speed, and footwork of the Tae Kwon Do practitioner. It also works to develop the student's skills in a free environment.

### **What is self defense? (Ho shin sool)**

We study how to use an attacker's skill, strength, or weapons against them.

### **About meditation (Jung shin tong il)**

It is for concentration practice in order to focus precision and power, visualize goals, and listen to one's conscience for internalizing important truths and moral standards. To meditate assume a comfortable posture with your spine's natural curve. Clear your mind and become aware of your breathing. Try to take deep breaths and focus on breathing into your lower abdomen. Focus on being calm and make sure you are breathing through your nose, with equal breaths in and out. (I.e. eight counts in, eight counts out) Gradually try to extend the length of your breathing.

### **About pressure points...**

Originally thought to disturb the balance of "yin & yang" in the body, we now know that pressure points (used in both acupuncture and martial arts) are strikes on the body which affect the nervous system. These points affect both the parasympathetic and sympathetic nervous system, and can be used for both offensive and healing techniques. While they can be used alone, they work better when used in multiple strikes.

### **Things you should recap from previous study guide**

- \* Meaning of Taekwondo.
- \* Five Tenets of TKD
- \* Senior belt codes
- \* This Academy Student Credo
- \* 10 Articles of Students Commitment