



Sr. BROWN BELT

I. POOMSE (Forms): Taeguek 8 – Tae Guek Pal Jang

II. PHILOSOPHY:

1. What is the meaning of the American Flag?

- There are thirteen stripes in the American Flag; the Stripes represent the 13 original colonies. The stars represent the 50 states. The color stand for:
 - RED - Courage, War and Blood
 - WHITE - Truth, Freedom and Purity
 - BLUE - Justice, Loyalty and Ambition SIR!

2. Why do you meditate?

- We meditate because meditation is necessary to gather one's spiritual energy (GI)
- It helps us to achieve deeper insight, greater awareness, and a feeling of calm relaxation
- This serenity can become a habit ever in highly stressful situations.
- In such situations, with the mind cleared of unnecessary distraction, self control is maintained and the proper action can be taken.
- Also, meditation becomes concentration when action is required. SIR!

3. You must know the following terms in Korean.

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| • Tiger Stance | -Poom-Seo-Gi |
| • Referee | -Joo-Shim |
| • Continue | - Gey-Sok |
| • Breaking | -Kyuk-Pa |
| • Falling techniques | -Nak-Bup |

III. BREAKING:

1. Back Spinning Hook Kick