



## 9th KUB - HIGH WHITE

**Form:** Basic Form & Hwarang Poomsae

**Breaking:** Side Kick

**Rolling & Falling:** Step 1 & 2

**Etiquette:** How to tie belt

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

### Taekwondo is:

- Korean martial art
- Complete exercise of mind and body
- Over 10 million black belt and master; has more than 80 million practitioners in over 208 counties.
- Olympic sport since 1988 (demonstration sport) 2000 (official sport)

### Terminologies

### Ordinal Numbers

<b>Kookgi</b>	Flag	1st	<b>Il</b>
<b>Shi-jak</b>	Begin	2nd	<b>Yi</b>
<b>Keu-Man</b>	Stop	3rd	<b>Sam</b>
<b>Mook-neum</b>	Meditation	4th	<b>Sa</b>
<b>Kookgi Yae Dae Ha Yeo Kyeong-naet</b>	Salute to the flag	5th	<b>Oh</b>
<b>Sabumnim-kae Kyeong-naet</b>	Bow to the instructor	6th	<b>Yuk</b>
<b>Sunbaenim-kae Kyeong-naet</b>	Bow to the senior belt.	7th	<b>Chil</b>
<b>Ahn Young Ha Sae Yo</b>	How are you?	8th	<b>Pal</b>
<b>Kam Sa Hap Ni Da</b>	Thank you	9th	<b>Koo</b>
		10th	<b>Ship</b>

### Poom sae...

Is a pattern designed to help the student learn the techniques, stances, and movements, of Tae Kwon Do while strengthening the body.

### Stances...

Are specific ways of holding and moving the body which will strengthen it, help develop coordination, and aid in the use of self defense.