



## PURPLE BELT

I. **POOMSE (Forms):** Taeguek 4 – Tae Guek Sa Jang

II. **PHILOSOPHY:**

1. **What is a POOR STUDENT?**

- The POOR STUDENT: Is lazy and simple expects results without sweat. SIR!

2. **What is a GOOD STUDENT?**

- The GOOD STUDENT: Has the desire to learn and to achieve goals. SIR!

3. **What is an EXCELLENT STUDENT?**

- The EXCELLENT STUDENT: Not only learns techniques but gains knowledge of expressive ability. Accepts hard work and sweat, realizing results come from practice and co-practice with others SIR!

4. **What is the BEST STUDENT?**

- The BEST STUDENT: Never gives up trying to learn what he or she needs to learn until it becomes second nature, both in technique and attitude. SIR!

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

- |                   |                |
|-------------------|----------------|
| • Uniform         | -Do-Bok        |
| • Back Stance     | - Dwi-Koo-Bee  |
| • Roundhouse Kick | -Dol-Yo-Cha-Gi |

III. **BREAKING:**

1. Elbow Strike & Side Kick