



## 6th KUB - GREEN BELT

Meaning of green belt: Signifies the color of spring starting to grow, the beginning.

**Form:** Taekeuk Sam Jang

**Breaking:** Front Leg Jump Side Kick

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

### Meaning of Tae Kwon Do:

Tae = Kick or Foot,

Kwon = Punch or Fist,

Do = The Way, or combining of mind and body.

### What part of the foot do we use for hook kick?

Heel, side, or bottom.

### Why do we practice falling and rolling?

We practice falling and rolling so that we can allow our partner to perform realistic self defense applications without ourselves getting hurt in the process.

## Terminologies

Form	<b>Poom sae</b>	Front Stance	<b>Ahp goo bee ja sae</b>
Breaking	<b>Kyuk pa</b>	Back Stance	<b>Duit goo bee ja sae</b>
Self Defense	<b>Ho shin sool</b>	Yell	<b>Ki hap</b>
Sparring	<b>Kyeo roo gi</b>	Sparring Stance	<b>Kyeo roo gi ja sae</b>
Horse back riding stance		<b>Ki ma ja sae / joo choom seo gi</b>	