



## 8th KUB - YELLOW

The meaning and significance of yellow belt:  
The yellow belt is the color of the rising sun in the morning  
and represents the path to knowledge.

Form: TAE KEUK IL CHANG

<b>TERMS</b>	
<b>CHA GI</b>	Kick
<b>MAK GI</b>	Block
<b>SEO GI</b>	Stance
<b>JI RU GI</b>	Punch
<b>CHEE GI</b>	Strike
<b>DONG JHAK</b>	Movement
<b>IN JUNG (Philtrum)</b>	High Section Attack Point
<b>MYUNG CHI (Solar Plexus)</b>	Middle Section Attack Point
<b>NANG SIM (Groin)</b>	Low Section Attack Point
<b>DON JUN (Abdomen)</b>	Low Section Attack Point

### WHY DO WE BOW?

- We bow to show respect.
- Also as a gesture of politeness.

### TAE KEUK

- The name of the forms or patterns we do in class
- There are eight different Tae Keuk Poomsaes (Tae Keuk Forms)

### THE MEANING OF TAE KEUK:

- The nature of the universe
- The nature of the universe is created to be balanced by opposites, which is the basic rules of nature.

## 8th KUB - YELLOW BELT CURRICULUM

1. All the techniques from preceding levels
2. Hop step front kick, hop step side kick, hop step roundhouse kick
3. Turning side kick
4. Tae Keuk Il Chang
5. Front fall, side fall, back fall
6. One step yellow belt self defense
7. Breaking technique
8. Free sparring
9. Yellow Belt study guide

### YELLOW BELT POOM SAE TAE KEUK IL CHANG

Poom sae Tae Keuk Il Chang line represents “sky” which is principle of all living things in the universe. Composition of Tae Keuk Il Chang is relatively simple so that any beginner students can learn it comfortably.

**Requirements:** Front stance and walking stance. Low block, inside block, outside block, and front kick.

**Total composition:** 18 poom (counts), 20 movements

#### Basic foundation before you learn Tae Keuk poom sae:

In order to learn the poom sae that we do during class, you must understand about the Korean flag. Take a look at the Korean flag. You will see a big circle in the middle and four different corner bars.

All Tae Keuk poom sae’s left and right sides are always the same. This is because of the Um and Yang circle divided in two exactly equal portions.

All Tae Keuk poom sae have four different directions; left, right, front, back. This is because the four corner bars on the flag represent the four different directions in the poom sae.

### ONE STEP YELLOW BELT SELF DEFENSE

(Attack with the right hand punch from front stance)

1. Right back stance with knife hand outside block (stepping left at a 45 degree angle), grab with the left hand, reach down with your right hand to ankle, pull with left hand to take down.
2. Left back stance with knife hand outside block (stepping right at a 45 degree angle), grab with right hand, rear hand punch to the side and then to the face.
3. Step back into a sparring stance, front foot hop step front kick, forearm outside block, rear hand punch to the face.
4. Step back into a sparring stance, front foot hop step side kick, forearm outside block, rear hand punch to the face.
5. Step back into a sparring stance, front foot hop step roundhouse kick, forearm outside block, rear hand punch to the face.
6. Step back into a sparring stance, turning side kick.