



7th KUB - HIGH YELLOW

Form: TAE KEUK YI CHANG

TERMS	
AHP CHA GI	Front Kick
YEOP CHA GI	Side Kick
DOHL RYEO CHA GI	Roundhouse Kick
AH RAE MAK GI	Low Block
EOL GUL MAK GI	High Block
AN MAK GI	Inside Block
BHAK ART MAK GI	Outside Block

WHY DO WE WEAR DIFFERENT COLORED BELTS?

To symbolize an increase in knowledge with the darkness of color.

WHY DO WE YELL?

To develop internal and spiritual strength, concentration, and confidence.

WHY DO I WEAR A WHITE UNIFORM?

I wear a white uniform to present myself as a clean piece of paper that Sa Bum Nim and I can write knowledge of Tae Kwon Do on. When there is no more knowledge to learn, every inch of the paper will be filled. Because there is always more to learn, the paper is never full.

7th KUB - HIGH YELLOW BELT CURRICULUM

1. All techniques from the preceding levels.
2. Combination techniques:
 - A) Hop step front kick and turning side kick
 - B) Hop step side kick and turning side kick
 - C) Hop step roundhouse kick and turning side kick
 - D) Combined hop step front, hop step side and hop step roundhouse kick
 - E) Front leg holding side kick (lift your front leg for side kick position and hop, advance at least three steps)
3. Tae Keuk Yi Chang
4. Two step high yellow belt self defense
5. Breaking technique
6. Free sparring
7. High yellow belt study guide
8. Remember you are on the way to green belt. Be patient. Generally speaking, this is the stage where you may become lazy or want to stop training. It cannot be sunny 365 days a year, sometimes it rains and sometimes it snows. Cope with any changes you have with positive attitude and defeat any weaknesses you have. You will be smiling after conquering obstacles.

THAT IS TAE KWON DO!!!

HIGH YELLOW BELT POOM SAE TAE KEUK YI CHANG

Poom sae Tae Keuk Yi Chang represents “Tae” which means internal strength, external gentleness. Perform gently but when you strike or hit, do so strongly. That is Tae Keuk Yi Chang’s background.

Requirements: Front and walking stance, middle punch, high punch, low block, high block, and reverse inside block.

Caution: Try to practice connection among the movements, especially after kicking.

Total Composition: 18 poom (counts), 23 movements

When you perform the poom sae, memorize the line movement, the sequence, and the direction of the techniques in the form.