



## **5th KUB - HIGH GREEN**

**Form: TAE KEUK SA CHANG**

### **THE PREDECESSORS OF TAE KWON DO:**

Taekyon and Soobahki

### **HOW DO YOU MAKE POWER?**

The power of energy in a punch or kick is created by the mass of the object performing the strike multiplied by the velocity squared that the fist or foot is moving.

$$\text{ENERGY} = \text{MASS} \times \text{VELOCITY}$$

Thus the speed of the hand or foot has a much greater importance in producing the energy created for a strike than does the mass of the object. The force required to move an object is defined as Mass (of the object) x Acceleration (how quickly you are moving the object) ... with concentration, yell, balance, and confidence.

### **WHY DO WE PRACTICE BREATHING CONTROL?**

To develop internal (Ki) spiritual strength and endurance.

### **WHY PRACTICE STRENGTH AND RELAXATION KICKS AND PUNCHES?**

Because an effective kick or punch begins with relaxation for speed and ends with tightness for strength; therefore, we practice each separately and put them together. The strength exercise also increases the muscle tone and gathers energy. The relaxation exercise develops agility and speed

### **THE AMERICAN FLAG:**

There are thirteen stripes and fifty stars on the American flag. The stars represent each of the 50 states and the stripes represent each of the 13 original colonies.

### **WHAT THE THREE COLORS ON THE AMERICAN FLAG STAND FOR:**

RED - Stands for courage, war, and blood.

BLUE - Stands for justice and ambition.

WHITE - Stands for truth, freedom, and purity.

## 5th KUB - HIGH GREEN BELT CURRICULUM

1. All techniques from the preceding levels.
2. Tae Keuk Sa Chang
3. Combination techniques:
  - A) Rear hand punch, roundhouse kick and turning hook kick
  - B) Front hand punch, hop step roundhouse kick and turning hook kick
  - C) Jumping double punch and turning hook kick
4. Two step high green self defense
5. Breaking technique
6. Free sparring
7. High green belt study guide

### HIGH GREEN BELT POOM SAE TAE KEUK SA CHANG

Poom sae Tae Keuk Sa Chang line represents “Thunder.” Thunder is fearful and sharp, even frightening. The needed attitude toward this poom sae for the performer is sincerity and calmness. Swallow form neck attack, stab, both knife hand middle section block, and back fist are introduced for the first time. A special attention is needed to keep your balance at the first two consecutive side kicks and be careful not to lift the back heel at the swallow form neck attack.

**Requirements:** Swallow form neck attack, stab, both knife hand middle section block, outside and inside blocks, front and side kicks, back fist and middle punch.

**Total Composition:** 20 poom (counts), 29 movements

A thing to remember when you perform the poom sae; in learning the form, make the movements slowly, accurately, and precisely. As you learn the form, gradually speed up the movements. Be careful to maintain good form in the execution of the techniques.