

Sr. Yellow Belt [Pahl Geup]



Requirements

16 Classes Credit

Blue & Green Stripes

JooChoomJiRooGi & Gam Sah Hyong

Basic Across Mat (Stances, Blocks, Punching Tech.)

Basic Kicking Tech. (Front snap kick, Axe Kick, Inside Crescent Kick, Outside Crescent Kick)

Poom-Se: *GamSahHyong, SahBangJeeRooGi, KiBon, TaeGeuk #1*

HanBon GyoRooGi

Student Creed

Board Breaking (Candle Light Punch)

Techniques

Open Workout

10 Basic Step (Bo Bup), 15 Basic Stance (Seo Gi):

5/6 Count Kick

Speed Kick (Ap ChaGi, Dolyo ChaGi)

Basic Target Drill

1/2/3 Step & Free Sparring

Attacking Across Mat

Ho-Gu Drill

1/2/3 Step & Free Sparring

Ho Sin Sool - Hand on Shoulder #1 & 2

Knowledge/Q&A

Children's Questions

Q. Who do you think has the best technique at Master Shin's Taekwondo? Why?

A. I do Sir! Because I have a burning desire to be successful. If I try my best, I will be the student with the best technique.

Q. What should you do, when your parents come home from work?

A. Greeting them with: "Hello, how was your day?" and give them a big hug.

How do you become a winner?

Set your goal, believe in yourself, think positively, and do your best, Sir!

Why do you wear a white uniform?

I wear white uniform to present myself as a clean piece of paper upon which Sah-Bum-Nim writes his knowledge. When I have been taught all of his knowledge and paper has been filled with his writing, only will I wear a colored or black uniform, Sir!

Black Belt Philosophy

FOCUS

POOMSE TAEGEUK IL JANG

WTF TAEKWONDO POOMSE # 1



5. LEFT MIDDLE PUNCH



4. RIGHT LOW BLOCK



1. READY STANCE



2. LEFT LOW BLOCK



3. RIGHT MIDDLE PUNCH

POOMSE TAE GEUK IL JANG

1. Ready stance
2. Turn to the left 90° by moving the left foot into left walking stance, left low block.
3. Step forward with the right foot into right walking stance, right middle punch.
4. Moving the right foot, turn 180° to the right into right walking stance, right low block.
5. Step forward with the left foot into left walking stance, left middle punch.
6. Moving the left foot, turn 90° to the left into left front stance, left low block.



6. LE 6. LEFT LOW BLOCK



19. RIGHT MIDDLE PUNCH

12. Moving the right foot 90° to the right into right front stance, right low block.
13. Without moving the feet, left middle punch.
14. Moving the left foot 90° to the left into left walking stance, left high block.
15. A. Without moving the left foot, right front kick.
B. Step down into right walking stance, right middle punch.
16. Moving the right foot 180° to the right into right walking stance, right high block.



9. RIGHT MIDDLE PUNCH



8. LEFT INSIDE MIDDLE BLOCK



7. RIGHT MIDDLE PUNCH



10. RIGHT INSIDE MIDDLE BLOCK



11. LEFT MIDDLE PUNCH

7. Without moving the feet, right middle punch.
8. Moving the right foot, turn 90° to the right into right walking stance, left inside middle block.
9. Step forward with the left foot into left walking stance, right middle punch.
10. Moving the left foot 180° to the left into left walking stance, right inside middle block.
11. Step forward with the right foot into right walking stance, left middle punch.



12. RIGHT LOW BLOCK



18. LEFT LOW BLOCK

17. A. Without moving the right foot, left front kick.
B. Step down into left walking stance, left middle punch.
18. Moving the left foot, turn 90° to the right into left front stance, left low block.
19. Step forward with the right foot into right front stance, right middle punch with kihap.
20. Return to ready stance by moving the left foot.



17B. LEFT MIDDLE PUNCH



17A. LEFT FRONT KICK



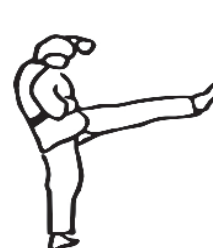
16. RIGHT HIGH BLOCK



13. LEFT MIDDLE PUNCH



14. LEFT HIGH BLOCK



15A. RIGHT FRONT KICK



15B. RIGHT MIDDLE PUNCH

Front Snap Kick Defense

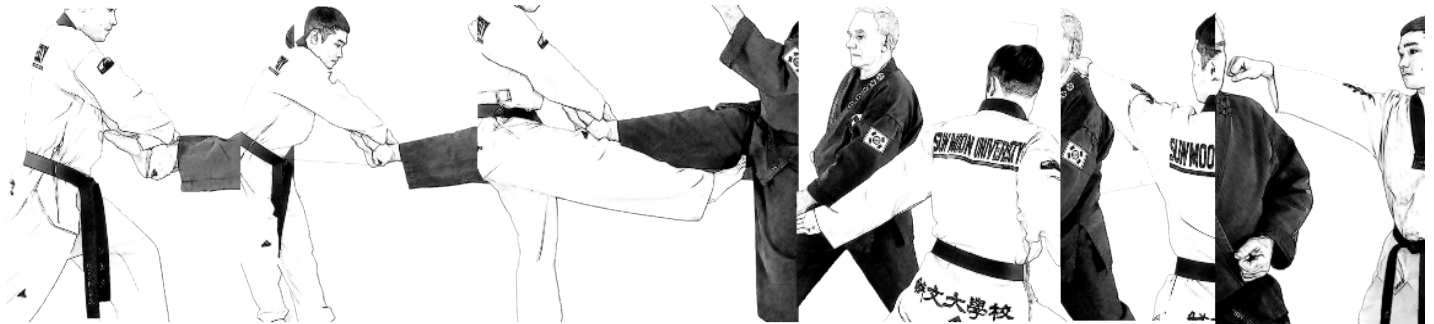
1. Right foot step in, Left hand down block, Horse stance, Right high punch, Left middle punch



2. Left foot step in, Right hand down block. Horse stance, L & R high punch.



3. Right foot step back, Cross hand block and grab.
Left foot slide back, Right Front snap kick, and step forward,
Push out opponent's foot out and Horse stance high/middle punch.



4. Left foot step in, Right hand down block and catch grab.
Right foot to left foot (Left hand grab opponent's body) Left foot hit behind knee to make fell,
Right knee strike to groin.



Black Belt Philosophy

FOCUS

- ‘The ability to concentrate and to use your time well is everything. “ - Lee Iacocca
‘The secret to success in any human endeavor is total concentration. “ - Kurt Vonnegut
“To do two things at once is to do neither. “ - Publilius Syrus
“When walking walk, when eating, eat. “ - Zen Maxim
‘Do whatever you do intensely. “ - Robert Henri

Martial Arts Perspective

As a beginner, one of the most important habits you can develop to make learning easier is the habit of focus. At Master Shin’s Taekwondo, focus is taught using the following three principles.

Focus your eyes: When being taught, focus on making and keeping eye contact with the instructor. When training, focus on your target.

Focus your body: A focused posture is one where a student stands or sits with their chest spread and body motionless. This posture conveys attentiveness respect, and pride.

Focus your mind: A focused mind does not stray from the task at hand. Work to block out distractions and concentrate on your goal.

Life Skill Perspective

For children, developing a habit of focus will improve their success in any area of learning. The goal of the focus curriculum is to teach skills that will carry over to the academic classroom, playing field, and other activities. When a child develops strong focus habits, they will be rewarded with greater comprehension and faster progress. For adults, the focus curriculum is a valuable reminder. With consistent focus you can achieve more in your personal and professional life. Focus will help you to stay on track and to relieve stress despite the numerous challenges you encounter on a daily basis. As a skilled martial artist, you will develop the ability to be focused on the moment, whether it be breaking a board, making a presentation, or listening to your child.