

Blue Belt

Pattern - - - Gyum-soan Yuk Jul

	English	Korean
Highest Techniques	Front Leg Downward Kick Rear Round Palm Strike	Up Bal Nae-ria Cha-gee Dwi Soan-baldak Dolyuh Chee-gee
Blue Belt Pattern	Inward Block (body level), Front Leg Swing Kick (instep), Back Fist Strike, Rear Vertical Round Punch, Dodge, Rear Vertical Round Punch	
Defense Drill	Movement: Free - Hands Down Block and counter attack	
Speed Drill	Step Forward, Front Punch, Rear Punch, Dodge, Rear Punch, Rear Leg Heel Kick Step Back.	

Word Find

Downward	Gyum Soan Yuk Jul	G	C	H	O	I	K	W	A	N	G	D	O	K
Reverse	Goom-chee	Y	O	U	D	O	L	Y	U	H	L	E	E	H
Heel	Jiruh-gee	U	O	O	Y	D	O	W	N	W	A	R	D	B
Palm	Ol-lyo	M	L	L	M	D	S	T	R	I	K	E	R	L
Side	Chee-gee	S	L	X	A	C	I	P	A	L	M	V	W	U
Swing	Ban-dae	O	D	K	P	A	H	A	P	Q	S	E	H	E
Upward	Nae-ria	A	R	O	U	N	D	E	G	Z	W	R	O	B
Round	Soan-baldak	N	A	S	N	U	C	X	E	O	I	S	L	E
Diagonal	Dolyuh	Y	W	I	C	H	H	W	E	R	N	E	E	L
Punch	An-uh-ro	U	P	D	H	R	E	D	F	V	G	A	I	T
Blue Belt	Ah-rae	K	U	E	J	O	E	Z	X	C	V	H	L	T
Strike	Bak-uh-ro	J	I	R	U	H	G	E	E	B	A	R	F	A
Upward	Choi Kwang-Do	U	B	A	N	D	E	E	A	D	N	A	B	E
		L	I	O	N	A	E	R	I	A	Q	E	S	W
		S	O	A	N	B	A	L	D	A	K	B	W	S
		H	I	Y	A	H	W	O	R	H	U	K	A	B



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Mix and Match

Match the English terms with the Korean terms.

Front Leg Downward Kick

Dung Joo-muk Chee-gee

Rear Round Palm Strike

Dwi Ol-lyo Jiruh-gee

Rear Leg Heel Kick

Dwi Bal Goom-chee Up Cha-gee

Front Palm Strike

Up Bal Ban-dae Hoo-lyia Cha-gee

Front Leg Heel Kick

Up Ol-lyo Jiruh-gee

Rear Palm Strike

Dwi Soan-badak Dolyuh Chee-gee

Rear Leg Reverse Swing Kick

Dwi Bal Ban-dae Hoo-lyia Cha-gee

Front Upward Punch

Dwi Soan-badak An-uh-ro Chee-gee

Front Leg Reverse Swing Kick

Up Bal Nae-ria Cha-gee

Rear Upward Punch

Up Bal Goom-chee Up Cha-gee

Back Fist Strike

Up Soan-badak An-uh-ro Chee-gee

I promise to do my best and never give up!

Pil Suhng!

