

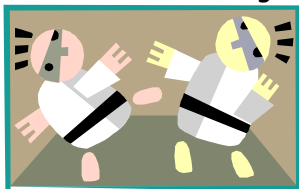
Red Belt

Pattern - - - Gyum-soan Pal Jul

	English	Korean
Highest Techniques	Front Leg Twisting Kick Rear Reverse Knife Hand Strike	Up Bal Bee-tul-uh Cha-gee Dwi Badae Soan-kal Chee-gee
Red Belt Pattern	Low Block, Front Leg Reverse Swing Kick, Knife Hand Strike, Rear Upward Punch, Dodge, Rear Upward Punch	
Defense Drill	Movement: Free - Hands Down Bada chagi and counter attack	
Speed Drill	Step Forward, Front Punch, Rear Punch, Dodge, Rear Punch, Rear Leg Crescent Kick. Step Back.	

Word Find

Downward	Gyum Soan Pal
Reverse	Jul
Heel	Goom-chee
Palm	Pal-goop
Elbow	Jiruh-gee
Side	Ol-lyo
Swing	Chee-gee
Upward	Ban-dae
Round	Bandal
Diagonal	Bee-tul-uh
Punch	Nae-ria
Red Belt	Soan-badak
Strike	Dolyuh
Crescent	An-uh-ro
Twisting	Ah-rae
	Bak-uh-ro
	Choi Kwang-Do



G	O	O	M	C	H	E	E	H	C	N	U	P
Y	L	D	S	H	D	L	S	I	D	E	P	A
U	L	I	O	O	O	B	M	L	A	P	W	L
M	Y	A	A	I	W	O	A	A	T	D	A	G
S	O	G	N	K	N	W	D	N	U	O	R	O
O	L	O	B	W	W	S	B	U	R	L	D	O
A	T	N	A	A	A	T	A	H	E	Y	U	P
N	W	A	D	N	R	R	N	R	D	U	N	C
P	I	L	A	G	D	I	D	O	B	H	A	H
A	S	A	K	D	S	K	A	O	E	B	E	E
L	T	H	K	O	D	E	L	R	L	I	R	E
J	I	R	U	H	G	E	E	N	T	M	I	G
U	N	A	H	E	E	L	B	A	N	D	A	E
L	G	E	R	E	V	E	R	S	E	I	K	E
C	R	E	S	C	E	N	T	R	A	C	H	L
S	W	I	N	G	H	U	L	U	T	E	E	B
C	V	B	N	B	A	K	U	H	R	O	U	T

Red Belt

Pattern - - - Gyum-soan Pal Jul

Mix and Match

Match the English terms with the Korean terms.

Rear Reverse Knife Hand Strike	Dwi Pal-goop Chee-gee
Rear Round Palm Strike	Up Bal Bee-tul-uh Cha-gee
Rear Leg Heel Kick	Dwi Bal Bandal Chagee
Front Leg Twisting Kick	Dwi Bal Nae-ria Cha-gee
Rear Leg Crescent Kick	Up Dolyuh Pal-goop Cheegee
Rear Palm Strike	Dwi Soan-badak Dolyuh Chee-gee
Front Leg Crescent Kick	Up Bal Bandal Cha-gee
Front Round Elbow Strike	Dwi Soan-badak An-uh-ro Chee-gee
Rear Leg Downward Kick	Dwi Soan-kal-dung Chee-gee
Front Round Palm Strike	Dwi Bal Goom-chee Up Cha-gee
Rear Straight Elbow Strike	Up Soan-badak Dolyuh Chee-gee

I promise to do my best and never give up!

Pil Suhng!

