

# White Belt Senior

## Pattern - - - Gyum-soan Il Jang

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<b>Highest Techniques</b>	<b>English</b>	<b>Korean</b>
	Side Fist Strike	Yup Joo-muk Chee-gee
	Back Fist Strike	Dung Joo-muk Chee-gee
	Knife Hand Strike	Soan-kal Chee-gee
	Knee Strike	Moo-ruhup Chee-gee

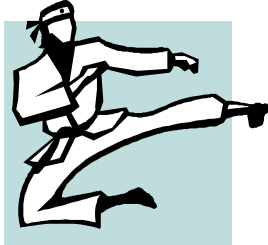
**White Belt Senior Pattern**      Outward Block, Rear Inward Punch.  
 Turn. Step Back. Repeat.  
 Last Direction Technique: Front Inward Punch.

**Defense Drill**                      Movement: Straight Line  
 Hand attack only w/blocking

**Speed Drill**                        Step Forward, Front Punch, Front Punch, Dodge, Front Punch,  
 Rear Punch.  
 Step Back.

### Word Find

Outward	Gyum Soan Il Jang
Inward	Cha-gee
Low	Jiruh-gee
Block	Mak-gee
Front	Chee-gee
Rear	Up
Kick	Dwi
Punch	An-uh-ro
White Belt	Ah-rae
Strike	Bak-uh-ro
Senior	Choi Kwang-Do



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

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### Mix and Match

Match the English terms with the Korean terms.

Outward Block

Moo-ruh-p Chee-gee

Inward Block

Dung Joo-muk Chee-gee

Low Block

Up Bal Up Cha-gee

Front Leg Front Kick

An-uh-ro Mak-gee

Rear Leg Front Kick

Yup Joo-muk Chee-gee

Front Inward Punch

Bak-uh-ro Mak-gee

Rear Inward Punch

Dwi An-uh-ro Jiruh-gee

Knee Strike

Dwi Bal Up Cha-gee

Back Fist Strike

Ah-rae Mak-gee

Side Fist Strike

Soan-kal Chee-gee

Knife Hand Strike

Up An-uh-ro Jiruh-gee

I promise to do my best and never give up!

# Pil Suhng!

