

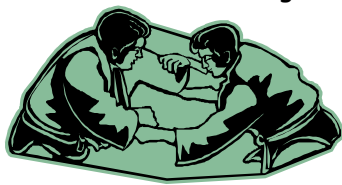
Red Belt Senior

Pattern - - - Gyum-soan Pal Jang

	English	Korean
Highest Techniques	Rear Leg Twisting Kick Front Reverse Knife Hand Strike	Dwi Bal Bee-tul-uh Cha-gee Up Bando Soan-Kal Chee-gee
Red Belt Senior Pattern	Low Block, Front Leg Reverse Swing Kick, Knife Hand Strike, Rear Upward Punch, Dodge, Rear Upward Punch. Turn. Repeat. Last Direction Technique: Front Round Elbow Strike (defensive).	
Defense Drill	Movement: Free - Hands Down Bada Chagi and counter attack	
Speed Drill	Step Forward, Front Punch, Front Punch, Dodge, Front Punch, Rear Punch, Rear Leg Crescent Kick. Step Back.	

Word Find

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



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

Red Belt Senior

Pattern - - - Gyum-soan Pal Jang

Mix and Match

Match the English terms with the Korean terms.

Rear Reverse Knife Hand Strike	Dwi Pal-goop Chee-gee
Rear Leg Twisting Kick	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	Up Soan-Kal-dung 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 Reverse Knife Hand Strike	Dwi Bal Goom-chee Up Cha-gee
Rear Straight Elbow Strike	Dwi Bal Bee-tul-uh Cha-gee

I promise to do my best and never give up!

Pil Suhng!

