

Green Belt Senior

Pattern - - - Gyum-soan Oh Jang

	English	Korean
Highest Techniques	Rear Leg Heel Kick Front Palm Strike	Dwi Bal Goom-chee Up Cha-gee Up Soan-badak An-uh-ro Chee-gee
Green Belt Senior Pattern	Open Hand Outward Block, Front Leg Side Kick, Side Fist Strike, Rear Inward Punch, Rear Leg Side Kick, Side Fist Strike, Rear Inward Punch, Front Round Punch, Dodge, Front Round Punch (defensive) Turn. Repeat. Last Direction Technique: Rear Inward Punch	
Defense Drill	Movement: Free - Hands Down Block and counter attack	
Speed Drill	Step Forward, Front Punch, Front Punch, Dodge, Front Punch, Rear Punch, Rear Leg Reverse Swing Kick Step Back.	

Word Find

Low	Gyum Soan Oh
Block	Jang
Palm	Cha-gee
Heel	Jiruh-gee
Side	Mak-gee
Swing	Chee-gee
Kick	Goom-chee
Round	Soan-badak
Reverse	Sah-suhn
Diagonal	Dolyuh
Punch	Ban-dae
Green Belt	An-uh-ro
Senior	Ah-rae
Strike	Bak-uh-ro
Dodge	Choi Kwang-Do



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

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Mix and Match

Match the English terms with the Korean terms.

Front Palm Strike

Dwi Ol-lyo Jiruh-gee

Rear Palm Strike

Dwi Bal Hoo-lyia Cha-gee

Rear Leg Reverse Swing Kick

Up Ol-lyo Jiruh-gee

Front Leg Reverse Swing Kick

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

Rear Leg Swing Kick

Dwi Bal Goom-chee Up Cha-gee

Front Leg Swing Kick

Dwi Bal Ban-dae Hoo-lyia Cha-gee

Rear Diagonal Round Punch

Up bal Goom-chee Up Cha-gee

Front Leg Heel Kick

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

Rear Leg Heel Kick

Dwi Sah-suhn Jiruh-gee

Front Upward Punch

Up Bal Ban-dae Hoo-lyia Cha-gee

Rear Upward Punch

Up Bal Hoo-lyia Cha-gee

I promise to do my best and never give up!

Pil Suhng!

