

# Brown Belt Senior

## Pattern - - - Gyum-soan Goo Jang

	<b>English</b>	<b>Korean</b>
<b>Highest Techniques</b>	Spinning Downward Kick Spinning Twisting Kick Front Hand Claw Finger Strike	Dol-mee-uh Nae-ria Cha-gee Dol-mee-uh Bee-tul-uh Cha-gee Up Soan-kut Chee-gee
<b>Belt Pattern</b>	Open Hand Low Block, Front Leg Reverse Swing Kick, Knife Hand Strike, Rear Inward Punch Rear Leg Reverse Swing Kick, Knife Hand Strike, Rear Inward Punch, Front Upward Punch Dodge, Front Upward Punch. Turn. Repeat. Last Direction Technique - Rear Elbow Strike.	
<b>Defense Drill</b>	Movement: Free - Hands Down Bada Chagi and Counter Attack	
<b>Speed Drill</b>	Step Forward, Front Punch, Front Punch, Dodge, Front Punch, Rear Punch, Rear Leg Twisting Kick.	

### Word Find

Downward	Gyum Soan Goo
Spinning	Jang
Twisting	Cha-gee
All Patterns	Jiruh-gee
All Drills	Mak-gee
Claw	Chee-gee
Power	Dol-mee-yuh
Victory	Bee-tul-uh
Strike	Soan-kut
Brown	Ol-lyo
Belt	Pil-Suhng
Senior	Soan-kal
Kick	Achievement
Punch	



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

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### Mix and Match

Match the English terms with the Korean terms.

Move Forward	Soan-kut Chee-gee
Move Backward	Pee Hah Gee
About Turn or Turn Around	Pil Suhng
Spinning	Up-uhro Gamyu
Twisting	Mak-gee
Claw Finger Strike	Dol-mee-uh
Downward	Dwiro Gamyu
Dodge	Bee-tul-uh
Block	Cha-gee
Kick	Nae-ria
Punch	Dwiro- Dora
Certain Victory	Jiruh-gee

I promise to do my best and never give up!  
**Pil Suhng!**

