

Orange Belt Senior

Pattern - - - Gyum-soan Sa Jang

	English	Korean
Highest Techniques	Rear Leg Reverse Swing Kick Front Upward Punch	Dwi Bal Ban-dae Hoo-lyia Cha-gee Up Ol-lyo Jiruh-gee
Orange Belt Senior Pattern	Outward Block, Front Leg Side Kick, Side Fist Strike, Rear Round Punch, Dodge, Rear Round Punch Turn, Step Back, Repeat. Last Direction Technique: Front 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 Swing Kick Step Back.	

Word Find

Upward	Gyum Soan Sa Jang	G O R A N G E B E L T Q A
Block	Cha-gee	Y U P O L L Y O F E C I N
Front	Jiruh-gee	U M P I E S E D R A W P U
Reverse	Mak-gee	M E U K D T G O O D K S H
Side	Chee-gee	S E N I O R O U N N I W R
Swing	Ol-lyo	O G C E D I S I T A C I O
Kick	Yup	A A H M G K C O L B K N U
Round	Ban-dae	N H I R E E G E E H C G N
Diagonal	Dolyuh	S C R E V E R S E J A K D
Punch	An-uh-ro	A H R A E K B A K U H R O
Orange Belt	Sah-suhn	J I R U H G E E G K A M L
Senior	Ah-rae	A D I A G O N A L R A E Y
Strike	Bak-uh-ro	N S A H S A H N J O H N U
Dodge	Choi Kwang-Do	G C H O I K W A N G D O H



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Mix and Match

Match the English terms with the Korean terms.

Front Round Punch	Dwi Sah-suhn Jiruh-gee
Rear Upward Punch	Dwi Ol-lyo Jiruh-gee
Rear Leg Side Kick	Up Ol-lyo Jiruh-gee
Front Leg Side Kick	Dwi Bal Bandae Hoo-lyia Cha-gee
Rear Leg Reverse Swing Kick	Soan-kal Cheegee
Front Leg Swing Kick	Up Bal Bandae Hoo-lyia Cha-gee
Rear Diagonal Round Punch	Up Bal Hoo-lyia Cha-gee
Front Upward Punch	Up Bal Yup Cha-gee
Back Fist Strike	Up Dol-yuh Jiruh-gee
Front Leg Reverse Swing Kick	Dung Joo-muk Chee-gee
Knife Hand Strike	Dwi Bal Yup Cha-gee

I promise to do my best and never give up!

Pil Suhng!

