

# Yellow Belt Senior

## Pattern - - - Gyum-soan EE Jang

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	<b>English</b>	<b>Korean</b>
<b>Highest Techniques</b>	Rear Leg Side Kick Front Round Punch	Dwi Bal Yup Cha-gee Up Dolyuh Jiruh-gee
<b>Yellow Belt Senior Pattern</b>	Outward Block, Front Leg Front Kick, Front Inward Punch, Rear Inward Punch, Dodge, Rear Inward Punch Turn. Step Back. Repeat. Last Direction Technique - Front Inward Punch.	
<b>Defense Drill</b>	Movement: Free Hand and foot attack w/blocking	
<b>Speed Drill</b>	Step Forward, Front Punch, Front Punch, Dodge, Front Punch, Rear Punch, <b>Rear Leg Front Kick</b> . Step Back.	

### Word Find

Outward	Gyum Soan EE Jang	G	P	X	T	N	O	R	F	S	I	D	E	C
Inward	Cha-gee	Y	U	M	K	R	B	E	A	H	R	A	E	H
Low	Jiruh-gee	U	N	J	S	R	M	A	K	G	E	E	D	O
Block	Mak-gee	M	C	I	V	B	Y	R	H	C	L	O	W	I
Front	Chee-gee	S	H	R	D	D	G	K	M	Y	G	T	I	K
Rear	Up	O	I	U	P	R	W	I	P	L	L	I	B	W
Side	Yup	A	D	H	K	A	Z	C	F	E	S	D	A	A
Kick	Dwi	N	R	G	H	W	A	K	B	L	O	C	K	N
Round	Dolyuh	E	A	E	A	N	L	W	H	C	H	R	U	G
Punch	An-uh-ro	E	W	E	Y	I	O	U	Q	A	O	D	H	D
Yellow Belt	Ah-rae	J	T	P	I	L	Y	J	G	U	X	W	R	O
Strike	Bak-uh-ro	A	U	O	L	L	S	E	N	I	O	R	O	W
Dodge	Choi Kwang-Do	N	O	E	O	E	E	D	A	N	U	H	R	O
		G	Y	D	C	H	E	E	G	E	E	Y	U	P



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### Mix and Match

Match the English terms with the Korean terms.

Front Round Punch

Moo-ruh-p Chee-gee

Rear Round Punch

Dung Joo-muk Chee-gee

Rear Leg Side Kick

Up Bal Yup Cha-gee

Front Leg Side Kick

Dwi Dolyuh Jiruh-gee

Rear Leg Front Kick

Yup Joo-muk Chee-gee

Front Inward Punch

Up Dolyuh Jiruh-gee

Rear Inward Punch

Dwi An-uh-ro Jiruh-gee

Knee Strike

Dwi Bal Up Cha-gee

Back Fist Strike

Dwi Bal Yup Cha-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!

