

# Green Belt

## Pattern - - - Gyum-soan Oh Jul

	English	Korean
<b>Highest Techniques</b>	Front Leg Heel Kick Rear Palm Strike	Up Bal Goom-chee Up Cha-gee Dwi Soan-badak An-uh-ro Chee-gee
<b>Green Belt Pattern</b>	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)	
<b>Defense Drill</b>	Movement: Free - Hands Down Block and counter attack	
<b>Speed Drill</b>	Step Forward, Front Punch, Rear Punch, Dodge, Rear Punch, <b>Rear Leg Reverse Swing Kick</b> Step Back.	

### Word Find

Palm	Gyum Soan Oh Jul
Block	Cha-gee
Reverse	Jiruh-gee
Heel	Mak-gee
Side	Chee-gee
Swing	Goom-chee
Kick	Yup
Round	Soan-badak
Diagonal	Dolyuh
Punch	Ban-dae
Green Belt	Hoo-lyia
Strike	An-uh-ro
Dodge	Ah-rae
Open	Bak-uh-ro
Hand	Choi Kwang-Do



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

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### Mix and Match

Match the English terms with the Korean terms.

Front Round Punch	Up Bal Hoo-lyia Cha-gee
Rear Palm Strike	Dwi Sah-suhn Jiruh-gee
Rear Leg Side Kick	Up Bal Goom-chee Up Cha-gee
Front Leg Side Kick	Moo-ruh-p Chee-gee
Front Leg Heel Kick	Up Bal Yup Cha-gee
Front Leg Swing Kick	Dwi Ol-lyo Jiruh-gee
Rear Diagonal Round Punch	Dwi Bal Yup Cha-gee
Knee Strike	Yup Joo-muk Chee-gee
Rear Upward Punch	Dwi Soan-badak An-uh-ro Chee-gee
Side Fist Strike	Up Bal Ban-dae Hoo-lyia Cha-gee
Front Leg Reverse Swing Kick	Up Dol-yuh Jiruh-gee

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

