

Blue Belt Senior

Pattern - - - Gyum-soan Yuk Jang

	English	Korean
Highest Techniques	Rear Leg Downward Kick Front Round Palm Strike	Dwi Bal Nae-ria Cha-gee Up Soan-baldak Dolyuh Chee-gee
Blue Belt Senior Pattern	Inward Block (body level), Front Leg Swing Kick (instep), Back Fist Strike, Rear Vertical Round Punch, Dodge, Rear Vertical Round Punch. Turn. 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 Heel Kick. Step Back.	

Word Find

Downward	Gyum Soan Yuk	G	B	O	D	G	N	A	W	K	I	O	H	C
Reverse	Jang	Y	A	L	H	E	E	L	U	P	W	A	R	D
Heel	Goom-chee	U	K	L	U	S	W	I	N	G	D	J	O	D
Palm	Jiruh-gee	M	U	Y	Y	E	M	I	K	E	I	I	U	R
Side	Ol-lyo	S	H	O	L	N	B	R	P	W	A	R	N	A
Swing	Chee-gee	O	R	S	O	I	C	E	A	E	G	U	D	W
Upward	Ban-dae	A	O	I	D	O	H	V	L	S	O	H	M	N
Round	Nae-ria	N	A	D	N	R	E	E	M	T	N	G	M	W
Diagonal	Soan-baldak	Y	N	E	A	B	E	R	A	R	A	E	A	O
Punch	Dolyuh	U	U	D	E	A	G	S	H	I	L	E	H	D
Blue Belt	An-uh-ro	K	H	A	R	N	E	E	R	K	T	I	C	O
Senior	Ah-rae	J	R	L	I	D	E	S	A	E	C	V	N	L
Strike	Bak-uh-ro	A	O	E	A	A	F	G	E	V	B	C	U	K
Upward	Choi Kwang-Do	N	J	K	R	E	K	I	D	R	A	W	P	U
		G	S	O	A	N	B	A	L	D	A	K	N	O



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Mix and Match

Match the English terms with the Korean terms.

Front Leg Downward Kick

Dung Joo-muk Chee-gee

Rear Round Palm Strike

Up Soan-baldak Dolyuh Chee-gee

Rear Leg Heel Kick

Dwi Bal Goom-chee Up Cha-gee

Front Palm Strike

Dwi Bal Nae-ria Cha-gee

Front Leg Heel Kick

Up Ol-lyo Jiruh-gee

Rear Palm Strike

Dwi Soan-badak Dolyuh Chee-gee

Rear Leg Reverse Swing Kick

Dwi Bal Ban-dae Hoo-lyia Cha-gee

Front Upward Punch

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

Rear Leg Downward Kick

Up Bal Nae-ria Cha-gee

Front Round Palm Strike

Up Bal Goom-chee Up Cha-gee

Back Fist Strike

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

I promise to do my best and never give up!

Pil Suhng!

