

Orange Belt

Pattern - - - Gyum-soan Sa Jul

	English	Korean
Highest Techniques	Front Leg Reverse Swing Kick Rear Upward Punch	Up Bal Ban Dae Hoo-lyia Cha-gee Dwi Ol-lyo Jiruh-gee
Orange Belt Pattern	Outward Block, Front Leg Side Kick, Side Fist Strike, Rear Round Punch, Dodge, Rear Round Punch	
Defense Drill	Movement: Free - Hands Down Block and counter attack	
Speed Drill	Step Forward, Front Punch, Rear Punch, Dodge, Rear Punch, Rear Leg Swing Kick. Step Back.	

Word Find

Low	Gyum Soan Sa Jul	C	H	E	E	G	E	E	R	O	U	N	D	R
Block	Cha-gee	H	F	B	A	K	U	H	R	O	L	F	Q	G
Front	Jiruh-gee	O	R	A	N	G	E	B	E	L	T	P	U	Y
Rear	Mak-gee	I	O	N	Y	E	S	L	A	P	S	P	P	U
Side	Chee-gee	K	N	U	S	I	R	O	R	J	W	A	R	M
Swing	Up	W	T	H	E	R	E	C	O	S	I	E	A	S
Kick	Yup	A	H	R	A	E	C	K	K	I	N	K	D	O
Upward	Dwi	N	D	O	L	Y	U	H	N	D	G	I	I	A
Round	Ol-lyo	G	P	O	W	E	R	H	A	E	T	R	A	N
Diagonal	Dolyuh	D	O	D	G	E	B	C	E	G	E	T	G	S
Punch	An-uh-ro	O	L	L	Y	O	G	N	M	I	E	S	O	A
Orange Belt	Ah-rae	M	M	O	R	E	O	U	T	K	E	E	N	J
Strike	Bak-uh-ro	A	D	W	I	P	U	P	W	A	R	D	A	U
Dodge	Choi Kwang-Do	A	K	I	C	K	F	O	C	U	S	O	L	L
Yell	Power	M	J	I	R	U	H	G	E	E	Y	E	L	L
Focus														



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Mix and Match

Match the English terms with the Korean terms.

Front Round Punch

Dwi Bal Up Cha-gee

Rear Round Punch

Up Dol-yuh Jiruh-gee

Rear Leg Side Kick

Up Bal Hoo-lyia Cha-gee

Front Leg Reverse Swing Kick

Dwi Sah-suhn Jiruh-gee

Rear Leg Front Kick

Dwi Dol-yuh Jiruh-gee

Front Leg Swing Kick

Moo-ruh-p Chee-gee

Rear Diagonal Round Punch

Dung Joo-muk Chee-gee

Knee Strike

Dwi Bal Yup Cha-gee

Back Fist Strike

Dwi Ol-lyo Jiruh-gee

Rear Upward Punch

Soan-kal Chee-gee

Knife Hand Strike

Up Bal Ban-dae Hoo-lyia Cha-gee

I promise to do my best and never give up!

Pil Suhng!

