

# Gold Belt Senior

## Pattern - - - Gyum-soan Sam Jang

	<b>English</b>	<b>Korean</b>
<b>Highest Techniques</b>	Rear Leg Swing Kick Front Upward Diagonal Punch	Dwi Bal Hoo-lyia Cha-gee Up Sah-suhn Jiruh-gee
<b>Gold Belt Senior Pattern</b>	Open Hand Outward Block, Front Leg Front Kick, Front Inward Punch, Rear Inward Punch, Rear Leg Front Kick, Front Inward Punch, Rear Inward Punch, Front Inward Punch, Dodge, Front Inward Punch. Turn. Repeat. Last Direction Technique - Rear Inward Punch.	
<b>Defense Drill</b>	Movement: Free - Exchange Ki-Haps Hands Up Block and Counter	
<b>Speed Drill</b>	Step Forward, Front Punch, Front Punch, Dodge, Front Punch, Rear Punch, <b>Rear Leg Side Kick.</b> Step Back.	

### Word Find

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

Up Dolyuh Jiruh-gee

Rear Diagonal Round Punch

Up Bal Hoo-lyia Cha-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

Dwi Sah-suhn Jiruh-gee

I promise to do my best and never give up!

# Pil Suhng!

