

INTERMEDIATE TERMINOLOGY

Testing For – Green Belt Blue Tip Advanced 6th Kup

Hah dan bahng uh	LOW BLOCK
Sahng dan bahng uh	HIGH BLOCK
Bakeh ro mahk kee	OUTSIDE BLOCK
Aneh ro mahk kee	INSIDE BLOCK
Sahng soo Joong dan mahk kee	DOUBLE MIDDLE BLOCK
Soo do kong kyuk	KNIFE HAND ATTACK

LIFE SKILL WORD

ATTITUDE

THE WAY YOU LOOK AT A SITUATION, YOUR ATTITUDE WILL AFFECT THE OUTCOME OF THE SITUATION AND THE PEOPLE AROUND YOU. ALWAYS KEEP A GOOD ATTITUDE, THE I CAN ATTITUDE, AND LOOK FOR THE GOOD IN ANY SITUATION.

INTERMEDIATE TERMINOLOGY

Testing For Blue Belt White Stripe 5th Kup

Joong dan kong kyuk

MIDDLE ATTACK

Sahng dan kong kyuk

HIGH ATTACK

Kee ma jah say Joong dan kong kyuk

HORSE RIDING ATTACK MIDDLE PUNCH ATTACK

Soo do hah dan bahng uh

KNIFE HAND LOW DEFENSE

Soo do sahnng dan bahng uh

KNIFE HAND HIGH DEFENSE

Yahk jeen

KNIFE HAND & PUNCH

LIFE SKILL WORD

COMMITTMENT

An agreement or promise to do something. Your word is your bond.

INTERMEDIATE TERMINOLOGY

Testing For Blue Belt Advanced 5th Kup

Joon kool jah say ahp ole lee kee

FORWARD STANCE FRONT LEG STRETCHING

Joon kool jah say Joong dan ahp cha kee

FORWARD STANCE MIDDLE FRONT KICK

Joon kool jah say sahng dan ahp cha kee

FORWARD STANCE HIGH FRONT KICK

LIFE SKILL WORD

HUMILITY

Not being arrogant or overly assertive. Not bragging, be strong on the inside and humble on the outside.

INTERMEDIATE TERMINOLOGY

Testing For Blue Belt Brown Tip 4th Kup

Kee mah jah say yup ole lee kee	HORSE RIDING STANCE SIDE LEG STRETCHING
Kee mah jah say yup cha kee	HORSE RIDING STANCE SIDE KICK
Aneh seh bakeh ro cha kee	INSIDE TO OUTSIDE KICK
Moo sool jung sheen	SPIRIT OF THE MARTIAL ARTIST

LIFE SKILL WORD

PERSERVERENCE

To stick with something no matter what obstacles have to be overcome. NEVER, NEVER, NEVER, NEVER Give Up.