

Shin's TaeKwonDo Academy
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Danbo Belt Vocabulary & Requirements

Vocabulary

Pre-warning	Joo-wee
Warning	Kyung-go
Minus point	Kahm-jum
Combination kicking techniques	Suk-uh cha-ki
Yelling command	Goo ryung
With count	Goo-ryung-eh mat-chu-soh
Without count	Goo-ryung up-si
Change stance	Bahl-pah-guh-soh

Counting

91	Ah-hune Hana	96	Ah-hune Yah-sut
92	Ah-hune Dool	97	Ah-hune Il-gohp
93	Ah-hune Set	98	Ah-hune Yau-dull
94	Ah-hune Net	99	Ah-hune Ah-hope
95	Ah-hune Dah-sut	100	Baik

Meaning of Tae-Geuk Poomse

Tae-Geuk Poomse #8 Tae-Geuk Pahl-Jang (1st Gup)

Symbol is Kohn, meaning The Earth

The Earth is the foundation of the growth of all life. It is the beginning of the life and all lives must return where they began. TaeGeuk Pahl Jang is the last poomse before becoming a black belt. The end means a new beginning. Perfection of all basic TaeKwonDo and maturity of character is the goal at this stage. Pride, confidence, and dignity were the results of the training. Honesty and humbleness are the prerequisites of the black belt stage. It is required to perfect from Tae Geuk Il Jang (Poomse #1) to Tae Geuk Pahl Jang (Poomse #8) to be eligible to apply for the 1st Dan/Poom Black Belt Test. The new techniques are: Bicycle front kick, elbow strike, and single mountain block. Accurate footwork is also required in combinations.

Review

All previous Vocabulary Sheets

Testing Requirements

- Vocabulary
- Poomse: Tae-Geuk #8 / Tae-Geuk Pahl-Jang & Previous Poomses
- One Step sparring: #1 thru 14
- Kicks: All previous kicks in a 4 directional & holding kick
- Physical: 75 kicks, squats, sit ups, push ups
- Board Break: 1 Foot and 1 Hand technique of choice