

7th Geub - High Yellow Belt

I. Korean Language

- A. Counting
 - 30 - Saw Lihn
- B. Belt Ranks
 - 1st Grade - Eel Geub
 - 2nd Grade - Ee Geub
 - 3rd Grade - Sahm Geub
 - 4th Grade - Sah Geub
 - 5th Grade - Oe Geub
 - 6th Grade - Yook Geub
 - 7th Grade - Cheel Geub
 - 8th Grade - Pahl Geub
 - 9th Grade - Koo Geub
 - 10th Grade - Seeb Geub
- C. Thank you - Kahm Sah Hah Mee Dah
- D. You are welcome - Chyawn Mahn

II. Basic Moves

- A. Triple punch from horseback riding stance
- B. Front stance with low, high, inside middle and outside middle blocks

III. Basic Kicks

- A. Front foot kicks (Front, Roundhouse, Side & Ax)
- B. Back kick

IV. Form(s)

- A. Tae Kihk Ee Jahng
 1. Starting from ready stance, look to your left, ready your arms for left **low block** and slide left foot toward your left and then turn 90 degrees into **walking stance** while executing block.
 2. Step forward into a right **front stance** with a right **middle punch**.
 3. Look over your right shoulder, ready your arms for right **low block**, lift your right foot and step back then turn 180 degrees into **walking stance** while executing block.
 4. Step forward into a left **front stance** with a left **middle punch**.
 5. Look to your left, ready your arms for right **inside middle block** and slide your left foot to your left then turn 90 degrees into a **walking stance** while executing block.
 6. Ready your arms for left **inside middle block** then step forward into a right **walking stance** while executing block.
 7. Look to your left, ready your arms for left **low block** and slide your left foot 90 degrees to left **walking stance** while executing block.
 8. Execute a right **front snap kick**, then (without bringing the kicking leg down) step into a right **front stance** while executing a right **high punch**.
 9. Look over your right shoulder, ready your arms for right **low block**, lift your right foot and step back then turn 180 degrees into **walking stance** while executing block.
 10. Execute a left **front snap kick**, then (without bringing the kicking leg down) step into a left **front stance** while executing a left **high punch**.
 11. Look to your left, ready your arms for left **high block** and slide your left foot to your left then turn 90 degrees into a **walking stance** while executing block.
 12. Ready your arms for right **high block** then step forward into right **walking stance** while executing block.