



## Red Belt

- Belt:** What is the significance of the Red Belt?  
It signifies danger, cautioning the student to exercise control; the student must dedicate more time to his/her practice preparing for the next level
- Poomse:** What is the meaning of Taegeuk Chil Jang?  
It symbolizes the Mountain, meaning ponderosity and firmness
- Terms:**
- Poomse (pattern or form) - A choreographed demonstration of the various kicks, blocks and hand techniques of Tae Kwon Do which a student utilizes with an imaginary opponent or opponents
  - Gyuroogi (sparring or fighting) - A practical application of various forms against an actual opponent
  - Kyupka (Breaking) - Done to practice and illustrate the formidable power, precision, and great mental concentration of the Tae Kwon Do practitioner
  - Ho Sin Sool (Self Defense) - The study of how to use an attacker's strength or skill and weapons against him or her
  - Jung Sin Tong Il (Mediation) - For the purpose of concentration practice in order to focus precision and power, visualize goals, and listen to one's conscience for internalizing important truths and moral standards.