



## Yellow Belt

**Belt:** What is the significance of the Yellow Belt?  
The earth from which a plant sprouts and takes root as the foundation of Tae Kwon Do is being laid

**Poomse:** What is the meaning of Taegeuk Il Jang?  
Its symbol represents the beginning of the creation of all things in the universe

<b>Terms:</b>	Kick	Chagi
	Punch	Chiru-gi
	Forms	Poomse
	Strike	Chi-gi
	Block	Mah-ki
	Breaking	Kyuk-pa
	Stance	Soh-gi

Bow to the Flag                      Gooki Yeh Da Ha Ya Kyung Yeh

Bow to the Grand Master            Kwan Jang Nim Keh Kyung Nae

Bow to the Head Master             Chung Sah Nim Keh Kyung Nae

Bow to the Master                    Sa Bum Nim Keh Kyung Nae

Bow to the Senior Teacher          Kyo Sah Nim Keh Kyung Nae

Bow to the Senior Student          Sun Bae Nim Keh Kyung Nae