

Lee Brothers Tae Kwon Do

Current 2nd Degree BB – Study Guide

Pre Exam for WHITE Stripe

Tae Baek "Bright mountain" (工)

Taebaek is the name of a mountain with the meaning of "bright mountain", where Tangun, the founder of the nation of Korean people, reigned the country, and the bright mountain symbolizes sacredness of soul and Tangun's thought of "hongik ingan"[humanitarian ideal]. There are numerous sites known as Taebaek, but Mt. Paektu, which has been typically known as the cradle of Korean people, is the background naming the Taebaek poom se.

History of Tae Kwon Do

Ko Goo Ryo Dynasty (37 BC - 668)

Mural painting shows Tae Kwon Do postures.

Shil La Dynasty (57 BC-935)

Hwa Rang Do (Flowering Youth) "youth organization" was established during the era of King Jin Heung (540-576).

Keum Kang Yeok Sah (stone engravings) show Tae Kwon Do postures.

Baek Jae (16 BC-660)

Written Tae Kwon Do song was found in this kingdom

Koryo (918-1392)

Special military generals were chosen from Tae Kwon Do practitioners. Kings used to enjoy watching Tae Kwon Do contests in the palace.

Yi (Lee) Dynasty (1392-1910)

Moo Yeh Do Bo Tong Jee – the first martial arts textbook (1790). Martial arts techniques of previous generations have been compiled and systematized.

리 브라더스 태권도

Current 2nd Degree BB – REQUIREMENTS

Pre Exam for WHITE Stripe

White Stripe	Tae Baek Poom Se
Gray Stripe	Knife Defense – Straight Stab - Left You must bring your own partner for the pre exam
Blue Stripe	Jahng Bong - Staff Fundamentals Tournament Referee Rules & Hand Signals
Brown Stripe	Hook & Roundhouse Kick (Front, Back, Hopstep & Turning) Tornado Roundhouse Kick
Orange Stripe	Study Guide Proper Push Ups (full only) <u>15/20</u>