

## Lee Brothers Tae Kwon Do

Current 2<sup>nd</sup> Dahn & 2<sup>nd</sup> Poom – 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 2<sup>nd</sup> Dahn & 2<sup>nd</sup> Poom – REQUIREMENTS  
Pre Exam for WHITE Stripe

### Poom Se

Poom Se Tae Baek

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White Stripe

### Self Defense

Knife Defense

Straight Stab (Left Side)

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Grey Stripe

*You MUST bring your own self defense partner for the pre exam*

WTF Referee Rules & Hand Signal  
Knowledge / Hand Signal

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Blue Stripe

### Required Kick

Hook & Roundhouse kicks  
(Front, Back, Hop step)

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Brown Stripe

Orange Stripe

Study Guide

+ Push Ups (Full Only) 15/20