

## Lee Brothers Tae Kwon Do

Current 2<sup>nd</sup> Dahn & 2<sup>nd</sup> Poom – Study Guide  
Pre Exam for YELLOW Stripe

### Pyung Won "Plains" (一)

Pyungwon means a plain that is a vast stretched-out land. It is the source of life for all the creatures and the field where human beings live their life. The poom se Pyongwon was based on the idea of peace and struggle resulting from the principles of its origin and use.

### Basic Principles of Ki (energy)

Ki or vital energy, like all energy, cannot be created or destroyed. It exists. Once you understand how to tap into the Ki, it can be changed, transmuted or transformed.

Tae Kwon Do recognizes there is no separation of body and mind. Instead, there is a balance between the physical, the emotional and the intellectual. Once you are truly aware, you can see a situation for what it is and see how it can be transformed to achieve your goal.

The concentration built by Tae Kwon Do training requires that you focus your personal Ki and become totally absorbed in your activity. You must be aware of everything, distracted by nothing. You learn to perceive without self-conscious thinking. This mental concentration increases physical power tenfold and directs it with maximum efficiency. When timing and focus are precise, there is no waste of power or effort. You can act spontaneously, rather than react.

The Ki provides your basic bio energy. When you accept and understand your Ki, the universal flow and balance of nature works through you. You can accept the natural rhythm of any situation and move naturally, and strike naturally.

In short, Ki is the cosmic ocean in which everything exists. It is kept in balance by the Um & Yang, working in rhythm. It is best when it flows freely, neither too active nor too passive, but in perfect harmonic balance.

## 리 브라더스 태권도

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

**Poom Se** } White Stripe  
Pyung Won

**Self Defense** } Grey Stripe  
Knife Defense  
Overhead (Left Side)

Jahng Bong Combination 1-3 } Blue Stripe

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

**Kick** } Brown Stripe  
Double Front Kick (straddle)

Orange Stripe Study Guide  
+ Push Ups (Full Only) 15/20