

GYE-BAEK CYCLE



BROWN BELT WORD OF THE BELT: **POSITIVE SELF-PROJECTION**

Winning Black Belts project their best selves every day in the way they look, talk, listen, and react. Winners communicate immediate impressions of happiness and success at all times.

HIGH BROWN BELT WORD OF THE BELT: **POSITIVE SELF-DIMENSION**

Winning Black Belts are in harmony with themselves and their peers. Winners lead others by example and focus on helping others achieve success in their lives, earning love and respect.



HIGH BROWN BELT COMBOS



3 FRONT KICK/SIDE KICK, SLIDE-IN HOOK KICK/ROUND KICK, LATERAL HOOK PUNCH



4 (STEP) JUMP 360 DEGREE OUTSIDE CRESCENT KICK, FRONT OVERHAND BACKFIST, MIDSECTION REVERSE PUNCH



FORM



GYE-BAEK STRICT AND DISCIPLINED MILITARY GENERAL

MY GOAL

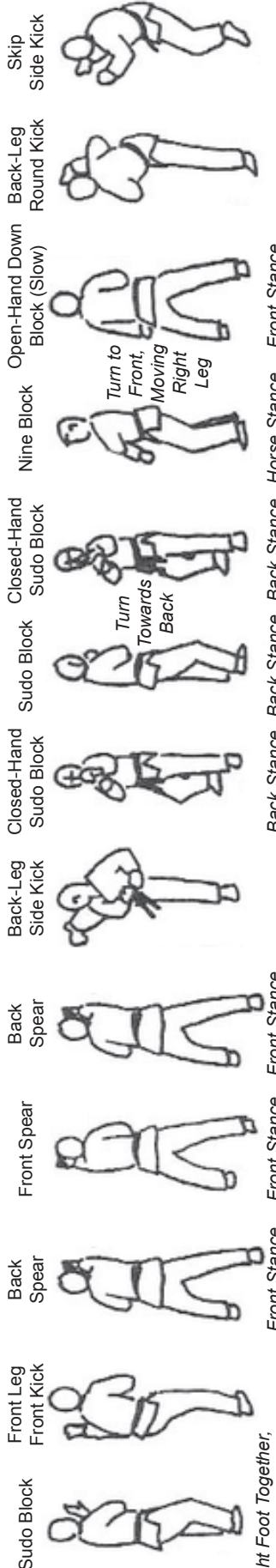
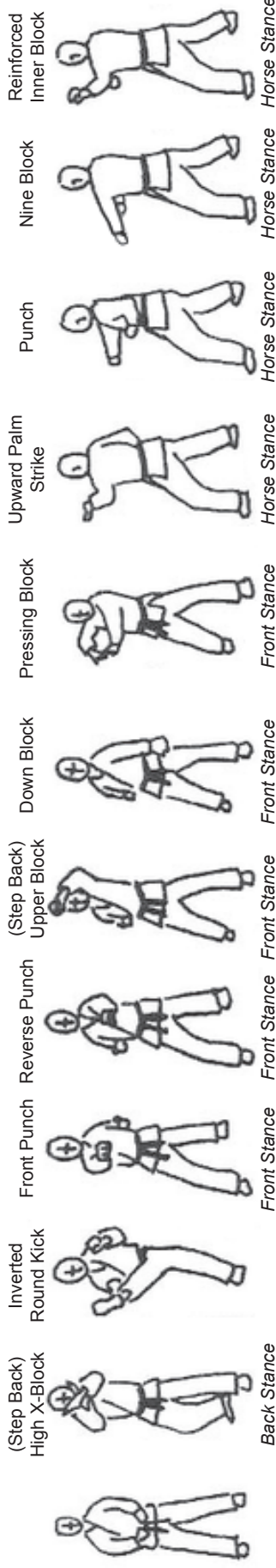
TEST TIME!! DID YOU MEET YOUR GOAL?

Yes! Not yet, still working on my goal!

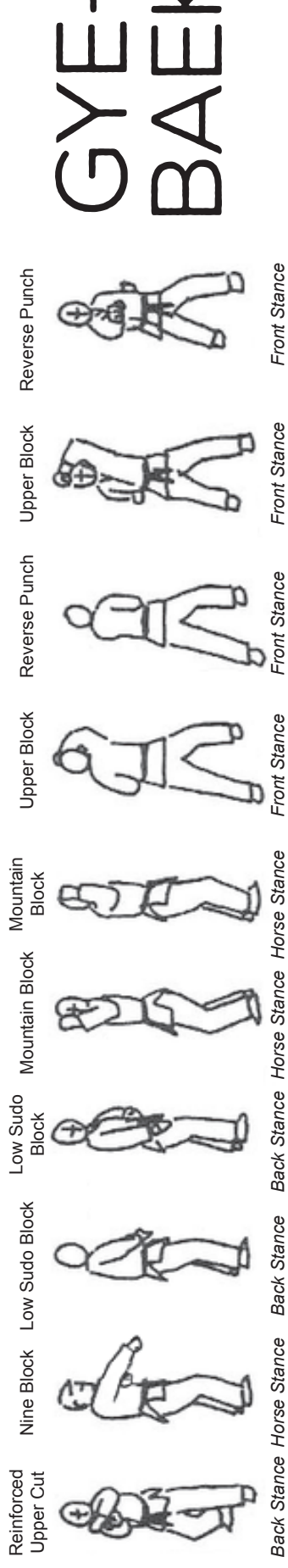
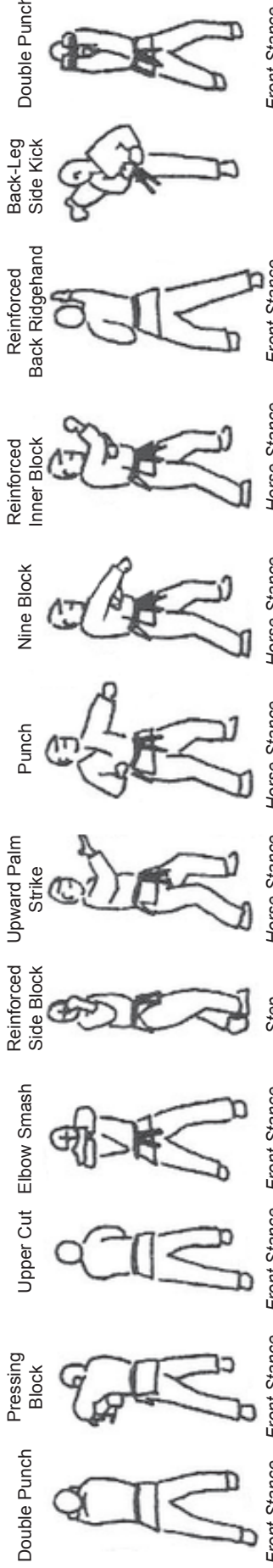


SCAN ME
to see this
curriculum
on our
website!





Right Foot Together, Back Stance



GYE-BAEK