

# Red Sr. Belt Worksheet

Red Sr. Belt- Fully Ripened

Ahn ya ha seh yoh- Hello

## Definitions:

*Excellence*- To surpass in accomplishments

*Self-Discipline*- Regulation of self toward improving

## Questions:

What is the meaning of each of these words, In Ui Yeh Ji?

How do these words relate to your Hap Ki Do training?

Give a brief explanation of Water Philosophy.

Give a brief explanation of Lotus Philosophy.

**Continue to study Korean and Traditional Names  
for Basic and Double Kicks**