

Pattern Meanings

Black stripe

1. What is the meaning of Choong Moo?

Choong Moo is named after the great admiral Yi Sun Sin of the Lee dynasty. He is reputed to have invented the 1st armoured battleship (Kobutson) which is said to be the precursor to the modern day submarine. The pattern ends with a left handed attack to symbolise his regrettable death having no chance to show his unrestrained potentiality checked by the forced reservation of his loyalty to the king

2. How many moves are there in pattern Choong-moo? 30

3. What does the black belt signify? The colour Black is the opposite to white therefore signifying the maturity and proficiency in Tae kwon Do. It also indicates the wearers imperviousness to darkness and fear.

1st Dan

- 1. KWANG-GAE** is named after the famous Kwang-Gae-Toh-Wang, the 19th King of the Koguryo Dynasty, who regained all the lost territories including the greater part of Manchuria. The diagram represents the expansion and recovery of lost territory. The 39 movements refer to the first two figures of 391 A. D., the year he came to the throne. 39 Moves
- 2. PO-EUN** is the pseudonym of a loyal subject Chong Mong-Chu (1400) who was a famous poet and whose poem "I would not serve a second master though I might be crucified a hundred times" is known to every Korean. He was also a pioneer in the field of physics. The diagram represents his unerring loyalty to the king and country towards the end of the Koryo Dynasty. 36 Moves
- 3. GE-BAEK** is named after Ge-Baek, a great general in the Baek Je Dynasty (660 AD). The diagram represents his severe and strict military discipline. 44 Moves

2nd Dan

- 1. Eu-iam** is the pseudonym of Son Byong Hi, leader of the Korean independence movement on March 1st 1919. The 45 movements refer to his age when he changed the name of Dion Hak (oriental culture) to Chondo Kyo (Heavenly way religion) in 1905. The diagram represents his indomitable spirit, displayed while dedicating himself to the prosperity of his nation.
- 2. Choong-Jang** Is the pseudonym given to general kim Duk Ryang who lived during the Lee dynasty, 14th century. This pattern ends with a left handed attack to symbolize the tradigity of his death at 27 in prison before he was able to reach full maturity.
- 3. Juche** is the philosophical idea that man is master of everything and decides everything, in other words that man is the master of the world and his own destiny. It is said that this idea was rooted in beakdu mountain which symbolises the spirit of the Korean people . the diagram represents baekdu mountain.

General theory

- 1. Who is the founder of TKD?** *General Choi Hong Hi.*
- 2. Who took over after the general's death in 2002?** *Grand Master Choi Jung Hwa (his son)*
- 3. When was TKD invented in South Korea?** *April 11th 1955*
- 4. What is a consecutive kick?** *2 kicks from the same leg attacking 1 or more opponent.*
- 5. What is the difference between a thrust and a strike?** *A thrust is performed in a forwards motion and goes straight, a strike goes round.*
- 6. Starting with Chon Ji, work up to Choong Moo state how many moves in each pattern?**
21 24 28 38 32 37 29 30
- 7. How many patterns are there in Tae Kwon-Do, and why is there this amount?**
. The 24 patterns represent 24 hours, one day, or all my life".
- 8. In 1 step sparring why do we attack to vital spots?**
Our aim is victory with a single blow, attacking a vital spot causes maximum damage with minimum effort.
- 9. What does TSTUK stand for ?** *Traditional style taekwondo uk.*
- 10.Count to 10 in Korean. ?** *Hana dool set net dasot yasot ilgok yadol ahop yol.*
- 11.What are the tenants of tkd?** *Courtesy, integrity, perseverance, self control, indomitable spirit.*

Korean Terminology all grades

1. Name 3 upper body tools

- *Forefist Ap Joomok*
- *Knife hand Sonkal*
- *Reverse knife hand dung sonkal*
- *Back fist Dung Joomok*
- *Finger tips sonkut*
- *Open fist Pyun Joomok*
- *Palm Sonbadak*
- *Mid knuckle fist Joongji joomok*
- *Elbow Palkup*
- *Fore knuckle fist Inji joomok*
- *Outer forearm Bakkat palmok*
- *Inner forearm An Palmok*
- *Bear hand Gomson*
- *Head Mori*

2. Name 3 lower body tools

- *Ball of foot Ap kumchi*
- *Toes Balkut*
- *Foot sword Balkal*
- *Instep Baltong*
- *Heel Dwitchook*
- *Back heel Dwitcumchi*
- *Knee Murrup*
- *Instep Yop Baldung*

Korean terminology Black stripe

1. Name 5 stances in English and Korean

- *Parallel ready stance Narini jumbi sogi*
- *Attention stance Chariot sogi*
- *Bending ready stance Guburio sogi*
- *Waking stance gunnan sogi*
- *L Stance Niunja sogi*
- *Sitting stance Annan sogi*
- *Fixed stance Gojang sogi*
- *Rear foot stance Dwitbal sogi*
- *Vertical stance Soojik sogi*
- *One leg stance whebal sogi*
- *X stance Kyocha sogi*
- *Low stance Nachuo sogi*
- *Horizontal stance Soopyong sogi*
- *Closed ready stance Moa jumbi sogi*
- *Diagonal stance Sasun sogi*

3. Name 5 kicks in English and Korean

4. *Front Ap Chagi*
5. *Side Yop Chagi*
6. *Turning Dollyo Chagi*
7. *Reverse turning Bandae Dollyo Chagi*
8. *Back Dwit Chagi*
9. *Downward Neryo Chagi*
10. *Twist Bituro Chagi*
11. *Hook Golcho Chagi*
12. *Jumping side Twimyo Yop Chagi*
13. *Front rising Ap Cha Ollygi*

Korean terminology 1st to 2nd Dan questions

1. What is the ready position for pattern Kwang –gae and Poeun called in English and Korean? Heavenly hands han hil sol
2. What is the Korean for Double Arc hand ? Doo bandal sol
What is the Korean for Horizontal punch? Soopyong jirugi
3. What is Korean for 9 shape block? Gutcha magki
4. What is Korean for mid knuckle punch? Son Garrack jirugi
What is the Korean for Twisting kick – Bituro chagi

Korean terminology 2nd to 3rd dan

1. What is the Korean for

Angle punch
Double finger strike
Scooping Block
Bear hand punch

Giokja Jirugi
Doo songarak
Duro Makgi
Pyun jumok jirugi

2. What is the Korean for

Outward crosscut
Pick shape kick
Dodging kick

Bakuro Ghutgi
Gokaeng-I chagi
Pihamyong Chagi

3. What is Korean for?

2 directional kick
Diagonal stance
Rising block twin palm
Back piecing kick

Sangbang Chagi
sasun sogi
chookyo sang sonbadak makgi
Dwitcha chagi

General theory black stripe

1. **What is the weight distribution for walking stance?** 50/50
What is the weight distribution for L stance? 70/30
What is the weight distribution for sitting stance? 50/50
2. **Which part of the foot do you use for front kick?** Ap kumchi or ball of the foot
Which part of the foot do you use for side kick? Balkal or side of the foot
3. **What is the use of a circular block?** It has 2 uses, 1 is to block a low technique then a high, (front kick then turning) 2 is to block and scoop the leg.
4. **Name the 5 elements which make up the theory of power?** Mass
Speed
Balance
Concentration of mass
Reaction force

General theory 1st dan to 2nd dan

1. **Explain the use of a pressing kick?** It is used to stop an opponent's technique as it stops a kick from developing, it can be used to break the knee joint or calf bone.
2. **Why do we practise pre-arranged sparring?** To develop timing, distance, to develop technique, practise correct footwork.
3. **What is a 9 shape block used for?** To break the arm
4. **Why do we practice breaking?** Breaking is a test of power, speed, accuracy, correct technique and mental focus.

General theory 2nd to 3rd dan

1. **Explain the use of a sweeping kick?** Effective in breaking the opponents balance.
2. **What has been your most memorable achievement in tkd so far?**
3. **Why would achieving a 3rd dan in tkd be important to you?**
4. **Describe the qualities of a good instructor?**