



# 10th Kup

**What is the training hall called?**

Dojang

**Where does TKD come from?**

South Korea

**Count to 10 in Korean**

Hanna, Dool, Seth, Neth, Dasaul, Yasaul, Ilgop, Yodall, Ahop, Yoll

**How many moves are there in Sajo Jirugi?**

15

**What does "White" mean / symbolise?**

Innocence, as in a beginner student who has no previous knowledge

**What does "Yellow" mean / symbolise?**

Earth from which a plant sprouts and takes root as the TKD foundation is being laid

**Why do we do low block?**

To protect our knee / groin area from an incoming kick / attack

**When was TKD founded?**

11<sup>th</sup> April 1955

**What is your favourite part of training?**

Personal answer

**Who is your Instructor?**

Mrs Nina Anderson, 5<sup>th</sup> Degree Black Belt



# 9th Kup

**What is your uniform called?**

Dobok

**What does Tae Kwon-Do mean?**

Kick, punch, the way, art or method

**What is a pattern?**

A pattern is a set of fundamental movements, mainly defence and attack, set in a logical sequence to deal with one or more imaginary opponents. Patterns are an indication of a student's progress, a barometer in evaluating an individual's technique.

**How many moves are there in Chon-Ji?**

19

**What does "Yellow" mean / symbolise?**

Earth from which a plant sprouts and takes root as the TKD foundation is being laid

**Why do we do rising block?**

To protect our head from an incoming strike/ attack

**When did TKD come to the UK?**

1967

**What is your future goal in TKD?**

Personal answer

**What is the meaning of Chon-Ji?**

CHON- JI means literally "the Heaven the Earth". It is, in the Orient, interpreted as the creation of the world or the beginning of human history, therefore, it is the initial pattern played by the beginner. This pattern consists of two similar parts; one to represent the Heaven and the other the Earth.

**Which part of the foot do we use for front snap kick?**

Ball – please point to it



# 8th Kup

**What is the weight distribution for walking stance & L stance?**

50/50 & 70/30

**When should you bow at training?**

Upon entering & leaving the Dojang

Upon lining up & facing the Instructor & upon being dismissed

When turning away from and back to the Instructor upon fixing your belt / dobok

When meeting & leaving your partner

**Why do we do a warm up before class?**

To prepare the body for exercise to prevent injury

To prepare our mind for learning

**How many moves are there in Dan Gun?**

21

**What does "Green" mean / symbolise?**

GREEN signifies the growth of the plant as Tae Kwon-Do skills begin to develop

**Why do we do twin forearm block?**

To release from a bear hug grab or to defend against 2 opponents simultaneously

**What is the meaning of Dan Gun?**

DAN-GUN is named after the holy Dan-Gun, the legendary founder of Korea in the year of 2333 BC

**How can we make our strikes and blocks strong?**

Move fast, be mean! Hip twist & proper stances

**Show me how to do a turning kick**

Form the proper chamber position and show the attacking tool – ball of the foot

**Tell me 3 things you should not do whilst wearing your uniform in the Dojang?**

Eat, misuse the art, mess around etc!



# 7th Kup

## **Why do we do wedging block?**

To release from a 2 handed grab to neck

## **What is sparring?**

Free sparring is “practice fighting” with the aim of improving the skills and fitness level of one or both participants while minimizing the risk of serious injury

## **Name 3 of the 5 tenets**

Courtesy, Integrity, Perseverance, Self Control, Indomitable Spirit

## **How many moves are there in Do San?**

24

## **What does “Green” mean / symbolise?**

GREEN signifies the growth of the plant as Tae Kwon-Do skills begin to develop.

## **Show me 3 attacking tools on your hand**

Forefist, knifehand, palm, back fist etc

## **What is the meaning of Do San?**

DO-SAN is the pseudonym of the patriot Ahn Chang-Ho (1876-1938), who devoted his life to furthering the education of Korea and its independence movement

## **What is the name of your grading examiner?**

Master Ady Jones 8<sup>th</sup> Dan, Master Darren Richardson 7<sup>th</sup> Dan, Master Richard Saunders 7<sup>th</sup> Dan

(You will know in advance which one is visiting us!)

## **Show me how to do a side kick**

Form the proper chamber position and show the attacking tool – footsword

## **Why do we “shout” whilst doing our moves?**

Strengthens stomach muscles, indicates that you are ready / have finished, helps you to be more powerful and intimidating



# 6th Kup

## **Why do we do circular block?**

To protect our low section from an incoming kick / strike

## **Why are there 24 patterns?**

The reason for twenty four patterns in Tae Kwon-Do is because the founder, Major General Choi Hong Hi, compared the life of man with a day in the life of the earth and believed that some people should strive to bequeath a good spiritual legacy to coming generations and in doing so gain immortality

## **Name all 5 tenets**

Courtesy, Integrity, Perseverance, Self Control, Indomitable Spirit

## **How many moves are there in Won-Hyo?**

28

## **What does "Blue" mean / symbolise?**

BLUE signifies the heaven towards which the plant matures into a towering tree as Tae Kwon-Do training progresses

## **Show me 3 attacking tools on your foot**

Ball of the foot, rear heel, footsword etc

## **What is the meaning of Won-Hyo?**

WON-HYO was the noted monk who introduced Buddhism to the Silla Dynasty in the year of 686 AD

## **Show me 3 blocks that you know and explain why we do them**

Rising – protect the head, Middle inner forearm – protect mid section, Low – protect knee / groin etc

## **Name 3 mid section target areas**

Stomach, heart, ribs etc

## **What has been your best achievement since starting training?**

Personal Answer