Steve Tottle Tae Kwon-Do

THEORY

Black Stripe – 1st Kup

What does a black belt signify?

Black is the opposite of white, signifying **maturity & proficiency** in Tae Kwon-Do. Indicating the wearers **imperviousness to fear & darkness**.

Why is there black trimming on doboks? To represent the Korean royal family.

What is the meaning of Choong-Moo?

Name given to the **Yi Dynasty Admiral Yi Sun-Sin**, reputed to have created the world's 1st armoured battleship in **1592**. The **Kobukson** is reputed to be the precursor to the submarine. The pattern ends in a **left-hand attack** to symbolise his **regrettable death**, having no chance to show his **unrestrained potentiality** due to the forced reservation of his loyalty to the king.

30 MOVEMENTS

What is the Korean for each of these movements?

X Knife Hand Checking Block **– Kyocha Sonkal Momchau Makgi**
Twin Palm Upward Block – **Sang Sonbadak Ollyo Makgi**
Reverse Knife Hand **– Sonkal Dung Anaero Taerigi**
Knife Hand Inward Strike **– Sonkal Anaero Taerigi**
Outer Forearm Middle Inward Block **– Bakat Palmok Kaunde Anaero Makgi**
Back Fist High Side Strike **– Dung Joomuk Nopunde Yop Taerigi**
U Shape Block **– Mongdungi Makgi**
Upset Fingertip Thrust – **Dwijibun Sonkut Tulgi**
Back Fist Rear Strike – **Dung Joomuk Dwitcha Taerigi**

Hand Parts – Sang Basin

Fore Fist – Ap Joomuk
Back Fist – Dung Joomuk

Elbow – Palkup
Back Forearm – Dung Palmok
Outer Forearm – Bakat Palmok

Inner Forearm – An Palmok
Reverse Knife Hand – Sonkal Dung

Fingertips – Sonkut
Arc Hand - Bandalson
Palm - Sonbadak

Knifehand – Sonkal
Back of Hand – Sonkal Dung

Hand - Son

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Foot Parts – Ha Basin

Instep – Baldung
Toes – Balkut
Side Sole – Yop Bal Badak
Foot Sword – Balkal
Reverse Foot Sword – Balkal Dung
Back Sole – Dwi Kumchi
Ball of Foot – Ap Kumchi

Foot – Bal
Knee – Moorup

Target Areas – Nopunde

Front:
Neck – Mok
Chin – Mit Tok
Nose – Kotdung
Bridge of Nose – Migan
Eyes – Angoo
Temple – Gwanja Nori
Philtrum – Injung
Jaw – Yop Tok
Carotid Artery – Mok Dongmaek

Rear:
Skull – Dae Sin Moon
Occiput - Hoodoo

Target Areas – Kaunde

Front:
Solar Plexus – Myong Chi
Abdomen – Bokboo
Floating Ribs – Nuk Gol
Windpipe – Soom Tong
Wrists – Son Mok
Collar Bone – Swe Gol
Groin – Sataguni

Rear:
Elbow – Palkup
Kidneys – Kong Pat
Between Shoulder Blades – Gyong Boo
Coccyx – Migol

Target Areas – Najunde

Front:
Inner Thigh – Anjok Hobok Dari
Shins – Jong Kwaen-I
Toes – Balkut
Ankle – Balmok
Knee Joint – Moorup Gwanjol
Scrotum – Nang Shim

Rear:
Back of Knees – Ogum
Achilles Tendon – Dwichook Himjool

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THEORY

Black Stripe – 1st Cup

Take Kyon

An ancient traditional martial art, 1st practiced in Korea during the Koguryo dynasty. It spread to the Silla Kingdom becoming the way of fighting of the Hwa Rang. Tae Kyon was fluid & dance-like & then evolved into the harder snap kicks seen in Tae Kwon-Do.

Tae Kwon-Do Oath

As a student of Tae Kwon-So, I do solemnly pledge to abide by the rules & regulations of the Tae Kwon-Do Association, to strive always to be modest, courteous & respectful to all members, in particular my seniors, to put the art into use only for self defence or defence of the weak & never to abuse my knowledge of the art.

REVISION

Name all the hand parts/foot parts.
Name all the target areas on the high/middle/low sections.
Name all the kicks you know.
Name all the stances you know (English & Korean).
Name all the fingertip thrusts, knife hand techniques or punches you know.

Explain why Choong Moo finishes in a left-hand technique. What is meant by unrestrained potentiality?
Which 3 patterns have a release move in them? What is release move in Korean?
What is the purpose of X Stance?
What is a Kobukson?
What have Yul Gok & Toi Gye got in common?

Which other martial arts have influenced Tae Kwon-Do? What is Tae Kyon?
Why do we learn the meanings of patterns?
What have you gained from Tae Kwon-Do?
Why should the TAGB award you a black belt?
What have you done to deserve a black belt?
What qualities should a black belt possess?
What qualities does your instructor have that you would like to emulate?
Name all the TAGB committee members & their roles.

At black belt it is important to know ALL your theory INCLUDING previous grades.
You may also be asked more general questions about the skills & lessons you have learned from TKD.

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