Steve Tottle Tae Kwon-Do

THEORY

Blue Belt - 4th Kup

What does a blue belt signify?

The **Heaven**, towards which the plant **matures** into a towering **tree** as training in Tae Kwon-Do **progresses**.

What is the meaning of Joon Gun?

Named after the **patriot An Joong Gun** who **assassinated** the 1st Japanese Governor General of Korea, **Hiro Bumi Ito**. The 32 movements represent his **age** when he was **executed** in Lui Shung prison in 1910.

32 MOVEMENTS

When was TKD International inaugurated? November 1993

Give a small history of the TAGB:

August 1983 – Due to internal disputes between the ITF & WTF it was decided to form a more **democratic** organisation, becoming the basis of the TAGB.

April 1988 – The TAGB became a **founder member of the BTC,** the only TKD body recognised by the UK Sports Council. It consists of 13 organisations & 45,000 members (25,000 of which are from the TAGB).

November 1993 – To further reduce politics in TKD, the TAGB became the founder member of the world body **TKD International**. TKDI consists of both ITF & WTF practitioners.

What is the Korean for each of these movements?

X Stance – **Kyocha Sogi**

Double Forearm Block – **Doo Palmok Makgi**

Palm Upward Block – **Sonbadak Ollyo Makgi**

Grasping Block – **Butjuba Makgi**

Twin Knife Hand Block – **Sang Sonkal Makgi**

Twin Vertical Punch – **Sang Sewo Jirugi**

Elbow Front Strike **– Palkup Ap Taerigi**

Knee Kick **– Moorup Chagi**

Back Fist High Side Strike – **Dung Joomuk Nopunde Yop Taerigi**

X Fist Pressing Block – **Kyocha Joomuk Noollo Makgi**

Palm Hooking Block **– Sonbadak Golcho Makgi**

Outer Forearm Waist Block **– Bakat Palmok Hori Makgi**

Twin Upset Punch **– Sang Dwijibo Jirugi**

Side Elbow Thrust - **Yop Palkup Tulgi**

Flat Fingertip Thrust **– Opun Sonkut Tulgi**

Reverse Turning Kick **– Bandae Dollyo Chagi**

Note: All questions asked at gradings are at the examiner's discretion. This material is a guide. Can be asked about junior grade theory.