Steve Tottle Tae Kwon-Do

THEORY

T.A.G.B. TAE KWON-DO INTERNATIONAL

Blue Tag - 5th 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 Yul Gok?

Pseudonym of the great **16th century philosopher & scholar Yi** I (1536 – 1584), nicknamed the **Confucius of Korea**. The 38 movements represent his birthplace on the **38th degree line of latitude**.

38 MOVEMENTS

When was the BTC formed? April 1988

What is the difference between 2 & 3 step sparring? More advanced combination of techniques. Focus, distance & timing play a more important role.

What is Korean for step sparring? Ibo Matsoki
What is the Korean for free sparring? Jayoo Matsoki

What is the Korean for…?
Hooking – **Golcho** Flat – **Opun**

What is the Korean for the following body parts?
Elbow – **Palkup** Back Heel – **Dwit Chook**
Knee – **Moorup** Head – **Mori**

What is the Korean for each of these movements?

Tip!

Most of the time you can treat Korean like **adding**. For Example:

Outer + Forearm + Low + Block =

Bakat + Palmok +Najunde + Makgi

If you know the individual words you can work out the Korean for almost any movement!

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.