Steve Tottle Tae Kwon-Do

THEORY

Green Belt - 6th Kup

What does a green belt signify?

The **plant's growth** as Tae Kwon-Do skills begin to **develop**.

What is the meaning of Won Hyo?

Won Hyo is the name of the **Silla Dynasty monk** who reputedly introduced Zen **Buddhism** to Korea in **686 AD**.

28 MOVEMENTS

When was the TAGB formed? August 1983

Why do we perform 3 step semi free sparring?

More advanced techniques, closer to sparring. Focus, distance & timing play a more important role.

What is Korean for 3 step semi free spatting?
Ban Jayoo Matsoki

What is the Korean for…?

Foot Shifting – **Jajun Bal**
Waist – **Hori**
Pushing – **Miro**
Back - **Dwit**

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!

What is the Korean for the following body parts?

Foot Sword **– Balkal**
Back Sole **– Dwi Kumchi**
Palm **– Sonbadak**
Reverse Knife Hand **– Sonkal Dung**
Ball of Foot **– Ap Kumchi**
Waist **- Hori**

What is the Korean for each of these movements?

Closed Ready Stance A – **Moa Junbi Sogi A**

Fixed Stance – **Gojung Sogi**

Bending Ready Stance – **Guburyo Junbi Sogi**

Vertical Stance – **Soo Jik Sogi**

Back Kick – **Dwit Chagi**

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

Palm Inward Pushing Block – **Sonbadak Anaero Miro Makgi**

Knife Hand Inward Strike **– Sonkal Anaero Taerigi**

Reverse Knife Hand Strike **– Sonkal Dung Taerigi**

Side Punch **– Yop Jirugi**

Inner Forearm Circular Block **– An Palmok Dollimyo Makgi**

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

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