Steve Tottle Tae Kwon-Do

THEORY

Green Tag - 7th Kup

What does a green belt signify?

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

What is the meaning of Do San?

The **pseudonym of the patriot Ahn Ch'ang Ho** (1876 – 1938), who devoted his life to furthering the **education** of Korea and its **independence** movement.

24 MOVEMENTS

When was TKD introduced to the UK? 1967

Who introduced TKD to the UK? Rhee Ki Ha

How do you perform a release move?

Force – Rotating the wrist, using muscles against the opposing grip.
Mass – Use bodyweight to generate extra power.
Speed – Important for power & for the element of surprise.
What is the Korean for release move? Jap Yasol Tae

What is the Korean for…?

Sliding – **Mikulgi**
Spot turn – **Gujari Dolgi**
Straight – **Son**
Wedging - **Hechyo**
Side - **Yop**
Thrust - **Tulgi**

What is the Korean for the following body parts?

Fingertip – **Sonkut**
Fore Fist – **Ap Joomuk**
Back Fist – **Dung Joomuk**
Foot Sword - **Balkal**
Knife Hand - **Sonkal**

What is the Korean for each of these movements?

Outer Forearm Wedging Block – **Bakat Palmok Hechyo Makgi**

Knife Hand Outward Block – **Sonkal Bakaero Makgi**

Outer Forearm High Block – **Bakat Palmok Nopunde Makgi**

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

Straight Fingertip Thrust – **Son Sonkut Tulgi**

Side Kick – **Yop Chagi**

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!

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