Steve Tottle Tae Kwon-Do

THEORY

Red Belt – 2nd Kup

What does a red belt signify?

Red belt signifies **danger**, cautioning the student to **exercise control** & warning the opponent to **beware**.

What is the meaning of Hwa Rang?

The name given to army of **young warriors** from the **Silla Dynasty**. 1st mentioned in **600 AD**, they gradually became a significant force in the **unification** of Korea's 3 kingdoms. Hwa Rang means **"Flowering Youth"**, comprising of 29 movements referring to the **29th infantry division** where TKD developed.

29 MOVEMENTS

What is the difference between a strike & a thrust?

Strike – Designed to **smash or destroy** the target area & can impact from **any angle** to either soft or hard targets.
Thrust – Designed to **penetrate** the target area & only drives straight towards the **soft areas** of the body.

What is the Korean for each of these movements?

Upward Punch – **Ollyo Jirugi**
Knife Hand Downward Strike – **Sonkal Naeryo Taerigi**
Side Elbow Thrust – **Yop Palkup Tulgi**
Side Piercing Kick – **Yop Cha Jirugi**
Downward Kick – **Naeryo Chagi**
Crescent Kick – **Bandal Chagi**
Flying Side Kick – **Twimyo Yop Chagi**
Reverse Hook Kick – **Bandae Dollyo Goro Chagi**

REVISION

What is the Korean for each form of sparring?
What is the difference between 1,2 & 3 step sparring?
Who is your area representative?
Why are there 24 patterns?
How do we develop power in a pattern (theory of power)?
Give a brief history of TKD.
Give a brief history of the TAGB.

At red belt it is important to have a good understanding of junior grade theory. All answers are in earlier theory sheets. You may also be asked more questions that require some lateral thinking.

For Example: What patterns have a release move in them? **Do San, Joon Gun & Hwa Rang.**

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