

Steve Tottle Tae Kwon-Do

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

THEORY

White Belt

What does a white belt signify?

White belt signifies innocence, having no previous knowledge of Tae Kwon-Do.

What does TKD mean?

Foot (Tae) + Hand (Kwon) + Do (Way/Art) = The Foot, Fist Way

Where did TKD originate? South Korea
Who founded TKD? General Choi Hong Hi
When was TKD inaugurated? April 1955
When was TKD brought to the UK? July 1967

Who is your instructor? Master Steve Tottle, 6th Dan
What is your TAGB area? Wales
Who is your area co-ordinator? Master Gianni Peros, 8th Dan

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 are the five tenets of TKD?

Courtesy – Polite to instructors & fellow students.
Integrity – Honesty. Define right from wrong.
Perseverance – To achieve a goal & never stop trying.
Self-Control – Losing your temper can be dangerous. Live, work & train within your capability.
Indomitable Spirit – Show courage even when you are faced with overwhelming odds.

How do you count to 10 in Korean?

1 – **Hanna**	6 – **Yosaul**
2 – **Dool**	7 – **Ilgop**
3 – **Set**	8 – **Yodoll**
4 – **Net**	9 – **Ahop**
5 – **Dasaul**	10 – **Yoll**

What is the Korean for forearm? Palmok

What is the Korean for inner? An

What is the Korean for outer? Bakat

What is the Korean for obverse? Baro

What is the Korean for reverse? Bandae

What is the Korean for 4 Directional? Saju

Note: All questions asked at gradings are at the examiner's discretion. This is a guide for the requirements for grading.

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What is the Korean for block? Makgi

What is the Korean for stance? Sogi

What is the Korean for kick? Chagi

What is the Korean for punch? Jirugi

What is the Korean for each section?

High - **Nopunde**

Middle - **Kaunde**

Low - **Najunde**

What is the Korean for each of these movements?

Walking Stance – **Gunnun Sogi**

Ready Stance – **Junbi Sogi**

Walking Ready Stance – **Gunnun Junbi Sogi**

Sitting Stance – **Annun Sogi**

4 Directional Punch – **Saju Jirugi**

Obverse Punch – **Baro Jirugi**

Reverse Punch – **Bandae Jirugi**

Rising Kick – **Ap Cha Olligi**

Outer Forearm Low Block – **Bakat Palmok Najunde Makgi**

Inner Forearm Middle Block **– An Palmok Kaunde Makgi**

What is the Korean for these commands?

Attention – **Charyot**

Bow – **Kyong-Ye**

Ready – **Junbi**

Shout – **Kihap**

Start – **Si-Jak**

Stop **– Goman**

Return to Ready – **Barrol**

Dismiss – **Haessan**

Forward **– Apro Kaggi**

Backward **– Dwiryo Kaggi**

Left **– Wen**

Inward **– Anaero**

Outward **– Bakaero**

Break **– Hechyo**

Press-ups **– Momtong Bachia**

Training Hall **– Dojang**

Training Suit **– Dobok**

Belt **– Ti**

Pattern **- Tul**

Instructor **– Sabum**

Student **- Jeja**

Right **– Orun**

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