

Steve Tottle Tae Kwon-Do

THEORY

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

Yellow Belt - 8th Kup

What does a yellow belt signify?

The **earth** from which the **plant sprouts** and takes **root** as the **foundations** of Tae Kwon-Do are laid.

What is the meaning of Dan Gun?

Named after the **Holy Dan Gun**, the legendary **founder** of Korea who established the country in **2333 BC**.

21 MOVEMENTS

Why do we do 3 step sparring? Focus, Distance & Timing

What is the Korean for sparring? Matsoki

What is the Korean for 3 step sparring? Sambo Matsoki

What is the Korean for…?

Inward – **Anaero**
Outward – **Bakaero**
Downward – **Naeryo**
Turning – **Dollyo**
Twin **- Sang**
Back Fist – **Dung Joomuk**

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 each of these movements?

Walking Stance – **Gunnun Sogi**

Parallel Ready Stance – **Narani Junbi Sogi**

L Stance – **Niunja Sogi**

Twin Outer Forearm Block – **Sang Bakat Palmok Makgi**

Knifehand Guarding Block – **Sonkal Daebi Makgi**

Outer Forearm Inward Block – **Bakat Palmok Anaero Makgi**

Back Fist Front Downward Strike – **Dung Joomuk Ap Naeryo Taerigi**

Front Kick – **Ap Chagi**

Front Snap Kick – **Ap Cha Busigi**

Turning Kick – **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.