

Steve Tottle Tae Kwon-Do

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

THEORY

Yellow Tag - 9th Cup

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 Chon Ji?

Literally means **Heaven & Earth**. Interpreted as the **creation of the world** or the beginning of human history and is therefore, it is the initial pattern performed by the beginner. Pattern consists of **2 similar parts** representing Heaven and Earth.

19 MOVEMENTS

What is a pattern?

A set of **fundamental movements** in defence & attack, set in a logical sequence against **imaginary opponents.**

Why do we perform patterns?

Patterns teach us; sparring techniques, stances, posture, breath control, how to relax and tense muscles at the correct time and allow us to **practice techniques** we cannot in other forms of training.

Why are there 24 patterns?

General Choi Hong Hi compared the life of a man with a day in the life of the earth (24 hours). He believed that people should attempt to leave a legacy for the welfare of future generations and as a result gain immortality.

What are the 6 points of the Theory of Power?

1. **Reaction Force** – Pulling opposite hand back to the belt.
2. **Concentration** – Apply force onto the smallest target area.
3. **Equilibrium** – Use reaction arm for dynamic stability to keep the body balanced.
4. **Breath Control** – Tense abdomen to breathe on impact. This also why we ki'hap.
5. **Mass** – Use hip twist & knee spring.
6. **Speed** – The most essential factor. Should be used with the points above.

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

Steve Tottle Tae Kwon-Do

THEORY

Yellow Tag - 9th Cup

What is the Korean for double? Doo

What is the Korean for strike? Taerigi

What is the Korean for guarding? Daebi

What is the Korean for rising? Chookyo

What is the Korean for each of these body parts?

Ball of Foot – **Ap Kumchi**

Knife Hand – **Sonkal**

Fist – **Joomuk**

Fore Fist – **Ap Joomuk**

What is the Korean for each of these movements?

Walking Stance – **Gunnun Sogi**

Walking Ready Stance – **Gunnun Junbi Sogi**

L Stance – **Niunja Sogi**

Knife Hand Strike – **Sonkal Taerigi**

Forearm Guarding Block – **Palmok Daebi Makgi**

Forearm Rising Block – **Palmok Chookyo Makgi**

Obverse Punch – **Baro Jirugi**

Reverse Punch – **Bandae Jirugi**

Double Punch – **Doo Jirugi**

Step Turn – **Omgyo Didimyo Dolgi**

Front Kick – **Ap Chagi**

Front Snap Kick **– Ap Cha Busigi**

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.