

## WHITE BELT THEROY

### GENERAL TERMS GENERAL TERMS

- Training Hall            **DOJANG**
- Training Suit            **DOBOK**
- Instructor                **SABUM**
- Student                   **JEJA**
- Bow                        **KYONG-NE**
- Ready                     **CHUNBI**
- Dismiss                  **HAESSEN**

### COUNTING

one	<b>HANNA</b>
two	<b>DOOL</b>
three	<b>SET</b>
four	<b>NET</b>
five	<b>DASUAL</b>
six	<b>YASUAL</b>
seven	<b>ILGOP</b>
eight	<b>YODOLL</b>
nine	<b>AHOP</b>
ten	<b>YOLL</b>

### BODY SECTIONS

Low	<b>NAJUNDE</b>
Middle	<b>KAUNDE</b>
High	<b>NOPUNDE</b>

### OFFENSIVE / DEFENSIVE MOVES

- Punch                    **JIRUGI**
- Block                    **MAKGI**
- Kick                     **CHAGI**
- Stance                  **SOGI**

**Name the founder of Taekwon-Do?** Major General Choi Hong Hi 9th Degree

**Name the tenets of Taekwon-Do?**

- Courtesy
- Integrity
- Perseverance
- Self-Control
- Indomitable Spirit

**What does Taekwon-Do mean?** Foot or kick hand or punch way of life (Foot hand Way)

**What country is Taekwon-Do from?** Korea

## YELLOW STRIPE THEORY

- **Chon-Ji** – Literally means "the Heaven the Earth". It is, in the orient interpreted as the creation of the world or the beginning of human history, therefore it is the initial pattern played by the beginner. This pattern consists of two similar parts: one to represent Heaven and the other Earth.

**PLEASE BE PREPARED TO ANSWER QUESTIONS FROM PREVIOUS GRADES**

### GENERAL TERMS

- Pattern **TUL**

### STANCES

- L Stance **NIUNJA SOGI**
- Walking Stance **GUNAN SOGI**

### DEFENSIVE MOVES

- Inner forearm block **AN PALMOK MAGKI**
- Outer forearm block **BAKAT PALMOK MAGKI**

### Typical Grading theory

What is the Korean for inner and outer forearm?

What does the colour yellow mean?

**Yellow signifies Earth from which a plant sprouts and takes root as the Taekwon-Do foundations are laid.**

Where and what are the 3 sections of the body?

High – **Napande (head to shoulders)**  
 Middle - **Kaundae (shoulders to waist)**  
 Low- **Najunde (waist to feet)**

What is the Korean for the following?

Stance - **Sogi**  
 Block – **Makgi**  
 Kick - **Chagi**

## YELLOW BELT THEORY

- [Dan-Gun](#) – Dan-Gun is named after the holy Dan-Gun, the legendary founder of Korea (in 2,333 BC).

**PLEASE BE PREPARED TO ANSWER QUESTIONS FROM PREVIOUS GRADES**

### GENERAL TERMS

Inwards	ANAERO
Outwards	BAKAERO
Upwards	OLLYO
Downwards	NAERYO

### DEFENSIVE MOVES

Knifehand Guarding Block	SONKAL DAEBI MAKGI
Twin Forearm Block	SANG PALMOK MAKGI
Inward Outer Forearm Block	ANAERO BAKAT PALMOK MAKGI

### OFFENSIVE MOVES

Side Front Snap Kick	YOP AP CHA BUSIGI
Middle Knifehand Strike	KAUNDE SONKAL TAERIGI
Middle Reverse Punch	KAUNDE BANDAE JIRUGI

### Typical grading Questions

**What does TST UK stand for?** Traditional Style TaeKwon-Do United Kingdom

**How many moves are in Dan Gun?** 21

**What is the Meaning of Dan Gun?** Dan Gun is named after the Holy Dan Gun, the legendary founder of Korea in the year 2333 BC

**What does the green belt signify?** The Green Belt signifies the plant's growth as the Taekwon-Do skill begins to develop.

**Name 2 parts of your hand?** Ap Joomuk (first two knuckles) Sonkal (Knife hand)

**Name 3 Stances?** Walking stance- **Gunnan Sogi** L- Stance **Niunja Sogi** Sitting Stance- **Annon Sogi**  
Ready Stance- **Jumbi Sogi** Attention Stance- **Charriot Sogi**

## GREEN STRIPE THEROY

- [Do-San](#) – Do San is pseudonym (nick name) Of An Chang Ho, The 24 moves represent his life, which he devoted to furthering the education of Korea and its independents movement.

**PLEASE BE PREPARED TO ANSWER QUESTIONS FROM PREVIOUS GRADES**

### GENERAL TERMS

Kick	CHAGI
Thrust	TULGI
Straight Online Turn	SON GUJARI DOLGI

### PARTS OF THE BODY

Fingertips	SONKUT
Footsword	BALKAL
Ball of Foot	AP KUMCHI

### DEFENSIVE MOVES

High Outer Forearm Block	NOPUNDE BAKAT PALMOK MAKGI
Release Move	JAPPYOLSOL TAE
Wedging Block	HECHYO MAKGI

### OFFENSIVE MOVES

Straight Fingertip Thrust	SON SONKUT TULGI
Back Fist Strike	DUNG JOOMUK TAERIGI
Side Kick	YOP CHAGI
Turning Kick	DOLLYO CHAGI

### Typical grading Questions

What is twin forearm block in Korean? Sang palmok Magki

How many moves are in Do san? 24

What is the Meaning of Do San?

What does the green belt signify? The Green Belt signifies the plant's growth as the TaekwonDo skill begins to develop.

Name 2 kicks in Korean? Ap Chagi (front kick) Yop Chagi (Side Kick) Dolyio Chagi (turning Kick)

Bandae Dollyo Chagi (reverse turning kick) Neryeo Chagi (Axe kick)

What is hetcho Magki used for? To prevent an attacker from grabbing or holding you.

## GREEN BELT THEROY

- [Won-Hyo](#) – Won Hyo was the noted monk who introduced Buddhism to The silla dynasty in 686 A.d

**PLEASE BE PREPARED TO ANSWER QUESTIONS FROM PREVIOUS GRADES**

### GENERAL TERMS

Back                    **DWIT**

### PARTS OF THE BODY

Elbow                    **PALKUP**

### STANCES

Bending Stance	<b>GUBURYO SOGI</b>
Fixed Stance	<b>GOJONG SOGI</b>
Closed Ready Stance A	<b>MOA CHUNBI SOGI A</b>

### DEFENSIVE MOVES

Forearm Guarding Block	<b>PALMOK DAEBI MAKGI</b>
Circular Block	<b>DOLLYMIO MAKGI</b>
X-Fist Pressing Block	<b>KYOCHA JOOMUK NOOLYO MAKGI</b>
Upward Palm Block	<b>OLLYO SONBADAK MAKGI</b>
Waist Block	<b>HORI MAKGI</b>

### OFFENSIVE MOVES

Inward Knifehand Strike	<b>ANAERO SONKAL TAERIGI</b>
Twin Vertical Punch	<b>SANG SEWO JIRUGI</b>
Side Elbow Strike	<b>YOP PALKUP TAERIGI</b>
Reverse Side Kick	<b>BANDAE YOP CHAGI</b>

### Typical grading theory

**How many moves are there in Won Hyo?**

**Which part of the foot do we use to do a Side kick?** **Bal Kal**

**Where are the 3 sections of the body?** High (**Napande**) head – shoulders Middle (**Kaundae**) shoulders - waist Low (**Najunde**) Waist - feet

**What does the colour Blue mean?** The Blue Belt signifies the Heaven towards which the plant grows into a tree as training in TaekwonDo progresses.

**What is the meaning of Won Hyo?**

**Name 3 Kicks in Korean and demonstrate?** Front kick- **Ap Chagi** Turning Kick- **Dollyo Chagi** Side Kick- **Yop Chagi** Axe Kick- **Nearyo Chagi** Reverse turning kick- **Bande Dollyo Chagi**

## BLUE STRIPE THEORY

- Yul-Gok – Yul Gok is the pseudonym of the great Philosopher and Scholar Yi I (1536 - 1584) nicknamed the “Confucius of Korea”. The 38 movements of this pattern refer to his birthplace on 38° latitude and the diagram ( ⊥ ) represents “scholar”.

**PLEASE BE PREPARED TO ANSWER QUESTIONS FROM PREVIOUS GRADES**

### GENERAL TERMS

Jumping                      TWIGI

### PARTS OF THE BODY

Arc Hand                      BANDAL SON  
Back Sole                      DWIT KUMCHI  
Back Heel                      DWIT CHOOK

### STANCES

X-Stance                      KYOCHA SOGI

### DEFENSIVE MOVES

Double Forearm Block                      DOO PALMOK MAKGI  
Hooking Block                      GOLCHO MAKGI  
Twin Knifehand Block                      SANG SONKAL MAKGI  
Inward Palm Block                      ANAERO SONBADAK MAKGI

### OFFENSIVE MOVES

Twin Upset Punch                      SANG DWIJIBO JIRUGI  
Hooking Kick                      GOLCHO CHAGI  
Reverse Turning Kick                      BANDAE DOLLYO CHAGI  
Upward Knee Strike                      OLLYO MOORUP TAERIGI  
Front Elbow Strike                      AP PALKUP TAERIGI  
Flat Finger Tip Thrust                      OPUN SONKUT TULGI

### Typical grading theory

**What is the interpretation of YUL GOK?**

**What does the Blue Belt signify?** The Blue Belt signifies the Heaven towards which the plant matures into a towering tree as training in Taekwon-Do progresses.

**How many moves in Yul Gok?** 38

**What is the Korean for 1 step and free sparring?** 1 step- *lilbo Matsogi* Free Sparring- *Chia Matsogi*

**What are the commands to start and stop during free sparring?** *Seja*- Start *Hetcho*- Stop

**What are the target areas allowed in free sparring?** Anywhere on the front of the body and head, above the waist. No shots are allowed below the belt, or to the back of the opponent.

## BLUE BELT THEROY

Joong-Gun – Joong-Gun is named after An Joong-Gun, he assassinated Hiro-Bumi Ito, the first Japanese governor of Korea. He was known as the man who played the leading part in the Korean Japan merger. The 32 movements represent Mr Ahns age when he was executed in Le Shung prison.

**PLEASE BE PREPARED TO ANSWER QUESTIONS FROM PREVIOUS GRADES**

### PARTS OF THE BODY

SONKAL DUNG	Reverse knifehand
YOP BALBADAK	Side Sole

### STANCES

MOA CHUNBI SOGI B	Closed Ready Stance B
DWIT BAL SOGI	Rear Foot Stance
NACHUO SOGI	Low Stance

### DEFENSIVE MOVES

Digutcha Makgi	U-Shaped Block
Sonkal Dung Makgi	Reverse Knifehand Block
Kyocho Joomuk Chookyo Makgi	X-Fist Rising Block (Rising X-Fist Block)

### OFFENSIVE MOVES

KIOKJA JIRUGI	Angle Punch
WI PALKUP TAERIGI	Upper Elbow Strike
NAERYO CHAGI	Downward Kick
NOOLYO CHAGI	Pressing Kick
YOP CHA TULGI	Side Thrust Kick (Side Kick Thrust)
BANDAE DOLLYO GOLCHO CHAGI	Reverse Turning Hooking Kick
YONSOK CHAGI	Consecutive Kick

### SPARRING

JAYO MATSOKI	Free Sparring
ILBO MATSOKI	One Step Sparring

### Typical grading theory

**What does the red belt signify?** The colour red signifies danger, cautioning the student to exercise control and warning the opponent to stay away.

**How many movements are in Joong-Gun?** 32

**What is the meaning of Joong-Gun?**

**What is the ready position for Joong-Gun?** Moa Junbi sogi B

**Name 3 blocks used in pattern Joong-Gun.** Knifehand guarding block- sonkal daebi magki x-fist rising block- Koycha joomuk chookyo magki u-shape block- degutja makgi

**What is u-shape block used for?** To block an attack with a pole or a stick

## RED STRIPE THEROY

- [Toi-Gye](#) – Toi-Gye is the pen name of the noted scholar Yi Hwang, an authority on neoconfucianism. The 37 movements refer to his birth place on 37 degrees latitude. The pattern diagram represents scholar.

**PLEASE BE PREPARED TO ANSWER QUESTIONS FROM PREVIOUS GRADES**

### GENERAL TERMS

**TWIMYO**                      **Flying**  
**JAPKI**                        **Grasping**

### STANCES

**MOA SOGI**                      **Closed Stance**

### DEFENSIVE MOVES

**SAN MAKGI**    **W-Shaped Block**  
**NAJUNDE DOO PALMOK MIRO MAKGI**                      **Low Double Forearm Pushing Block**

### OFFENSIVE MOVES

**DWIJIBUN SONKUT TULGI**    **Upset Fingertip Thrust**  
**OLLYO MOORUP CHAGI**    **Upward Knee Kick AP JAPKI Front Grasp**  
**SANG YOP PALKUP**    **Twin Side Elbow**  
**AP CHA MILGI**    **Front Pushing Kick**

### Typical Grading theory

**The meaning on Toi Gye?**

**How many moves in pattern Toi-Gye? 37**

**The red belt signifies? The colour red signifies danger cautioning the student to exercise control and warning the opponent to stay away.**

**Show us and name 3 moves in Toi-Gye? Annun sogi san magki – sitting stance W shape block**

**Gunnan Sogi opun sonkut – Walking stance flat fingertip thrust Moorup Chagi – Knee strike**

**In 1 step sparring why do we attack to vital spots? Our aim is victory with a single blow, attacking a vital spot causes maximum damage with minimum effort.**

**Starting from the head, working downwards, name as many vital spots as you can? Temple, Eyes, Jaw, Philtrum, nose, Throat, Jugular, Solar plexus, Heart, Liver, Kidney's, shin, Groin, Knee, Achilles tendon, A FULL LIST CAN B FOUND ONLINE WITH LOCATION POINTED OUT.**

## RED BELT THEROY

- [Hwa-Rang](#) – Hwa Rang is named after the Hwa Rang Do youth group, which originated in the Silla dynasty in the early 7 th century, the 29 movements represent the 29 th infantry division, where Tae Kwon-Do developed into maturity .

**PLEASE BE PREPARED TO ANSWER QUESTIONS FROM PREVIOUS GRADES**

### PARTS OF THE BODY

Palm	SONBADAK
Instep	BALDUNG
Reverse Footsword	BALKAL DUNG

### STANCES

Vertical Stance	SOOJIK SOGI
Closed Ready Stance C	MOA CHUNBI SOGI C

### DEFENSIVE MOVES

Palm Pushing Block	SONBADAK MIRO MAKGI
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### OFFENSIVE MOVES

Downward Knifehand Strike	NAERYO SONKAL TAERIGI
Upward Punch	OLLYO JIRUGI

### Typical grading theory

**Meaning of Hwa Rang**

**How many moves in Hwa Rang? 29**

**The Black belt** The colour Black is the opposite to white therefore signifying the maturity and proficiency in Tae kwon Do. It also indicates the wearers imperviousness to darkness and fear.

**Can you show us and name 3 moves in Hwa Rang?** Moa Junbi sogi c closed ready stance c Soojik sogi naeryoo sonkal taerigi vertical stance downwards knifehand strike Annun sogi miro magki sitting stance palm pushing block

**Philosophical questions of examiners choice.** i.e. why did you start TKD? What do you like best about TKD?, what are your goals in Martial Arts? Etc

**count to 10 in Korean**

## BLACK STRIPE THEORY

- Choong-Moo was the name given to the great admiral Yi Sun Sin of the Yi dynasty. He was reputed to have invented the first armoured battleship (Kobukson) which was the precursor of the present day submarine, in 1592 A.D. The reason why this pattern ends in a left hand attack is to symbolise his regrettable death having no chance to show his unrestrained potentiality checked by the forced reservation of his loyalty to the king.

### PLEASE BE PREPARED TO ANSWER QUESTIONS FROM PREVIOUS GRADES

The Theory on these sheets is only a guide as to what you may be asked. You should expect to be asked questions on anything you have learned on your Taekwon-do journey to date. The questions shown below are an example of what may be asked. You are now going for your Black Belt. At this grade you are expected to be able to find your own answers to the questions. If you are really struggling to find answers then talk to your instructor

#### PARTS OF THE BODY

Side Instep                      YOP BALDUNG

#### DEFENSIVE MOVES

Twin Upward Palm Block	SANG OLLYO SONBADAK MAKGI
Side X Knifehand Checking Block	YOP KYOCHA SONKAL MOMCHAU MAKGI

#### OFFENSIVE MOVES

Back Piercing Kick	DWITCHA JIRUGI
Twisting Kick	BITURO CHAGI
Flying Side Kick	TWIMYO YOP CHAGI
Front Knifehand Strike	AP SONKAL TAERIGI
Front Reverse Knifehand Strike	AP SONKAL DUNG TAERIGI

### Some typical grading theory. Please note that you need to go back through all previous grade theory too...

Who is head of the Unified TSTUK? Master Tizick 7<sup>th</sup> Degree

When was TKD invented in South Korea? April 11th 1955

What is a consecutive kick? 2 kicks from the same leg attacking 1 or more opponent.

What is the difference between a thrust and a strike? A thrust is performed in a forwards motion and goes straight, a strike goes round.

Starting with Chon Ji, work up to Choong Moo state how many moves in each pattern?

How many patterns are there in Tae Kwon-Do, and why is there this amount? . "The 24 patterns represent 24 hours, one day, or all my life". General Choi Hong Hi

**In 1 step sparring why do we attack to vital spots?** Our aim is victory with a single blow, attacking a vital spot cause's maximum damage with minimum effort.

**What does TSTUK stand for?** Traditional style taekwondo United Kingdom.

**Count to 10 in Korean?**

**What are the tenants of tkd?** Courtesy, integrity, perseverance, self-control, indomitable spirit.

### Korean Terminology

#### Name 5 upper body tools

Forefist	Ap Joomok
Knife hand	Sonkal
Reverse knife hand	Dung sonkal
Back fist	Dung Joomok
Finger tips	Sonkut
Open fist	Pyun Joomok
Palm	Sonbadak
Mid knuckle fist	Joongji joomok
Elbow	Palkup
Fore knuckle fist	Inji joomok
Outer forearm	Bakkat palmok
Inner forearm	An Palmok
Bear hand	Gomson

#### Name 3 lower body tools

Ball of foot	Ap kumchi
Toes	Balkut
Foot sword	Balkal
Instep	Baltong
Heel	Dwitchook
Back heel	Dwitcumchi
Knee	Murrup
Instep	Yop Baldung

#### Name 5 stances in English and korean

Parallel ready stance	Narini jumbi sogi
Attention stance	Chariot sogi
Bending ready stance	Guburio sogi
Waking stance	Gunnan sogi
L Stance	Niunja sogi
Sitting stance	Annan sogi
Fixed stance	Gojang sogi
Rear foot stance	Dwitbal sogi
Vertical stance	Soojik sogi
One leg stance	Whebal sogi
X stance	Kyocha sogi
Low stance	Nachuo sogi
Horizontal stance	Soopyong sogi
Closed ready stance	Moa jumbi sogi
Diagonal stance	Sasun sogi

**Name 5 kicks in English and korean .**

Front	Ap Chagi .
Side	Yop Chagi .
Turning	Dollyo Chagi .
Reverse turning	Bandae Dollyo Chagi .
Back	Dwit Chagi .
Downward	Neryo Chagi .
Twist	Bituro Chagi .
Hook	Golcho Chagi .
Jumping side T	Twimyo Yop Chagi .
Front rising	Ap Cha Ollygi

**What is the weight distribution for walking stance?** 50/50

**What is the weight distribution for L stance?** 70/30

**What is the weight distribution for sitting stance?** 50/50

**Which part of the foot do you use for front kick?** Ap kumchi or ball of the foot

**Which part of the foot do you use for side kick?** Balkal or side of the foot

**What is the use of a circular block?** It has 2 uses, 1 is to block a low technique then a high,( front kick then turning) 2 is to block and scoop the leg.

**Name the 5 elements which make up the theory of power?** Mass, Speed, Balance, Concentration of mass onto a small area, Reaction force.