

NOTE: Questions will be asked at random from the list below – you should answer in full to the best of your ability in a clear voice

THEORY QUESTIONS for 4th Kup Students – Blue Belt

- 1) What is the meaning of Blue Belt in Taekwon-Do
- 2) What is the meaning of your new pattern that you've learnt
- 3) Name and explain three elbow parts
- 4) Name and explain four hand parts
- 5) To break a breaking board you need to have several important factors correct, name as many as you can

Answers to THEORY QUESTIONS for 4th Kup Students

- 1) Blue Belt signifies the Heaven, towards which the plant matures into a towering tree as training in Taekwon-Do progresses growth as Taekwon-Do skill begins to develop
- 2) Joon-Gun (32 movements) is named after the patriot Ahn Joong-Gun who assassinated Hirobumi Ito the first Japanese governor-general of Korea, who played a leading part in the Korea – Japan merger. The 32 movements in this pattern represent Ahn Joong-Gun's age when he was executed at Lui-Shing prison in 1910
- 3) Front elbow (ap palkup) – Side elbow (yop palkup) – Upper elbow (wi palkup)
- 4) Reverse Knife hand (sonkal dung) – Palm hand (sonbadak) – Knife Hand (sonkal) – Fore fist (ap joomuk)
- 5) Concentration - Reaction Force – Equilibrium / Balance – Mass / Weight – Breath Control – Speed