

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 5th Kup Students – Blue Tag

- 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) What is the purpose of the 1st movement and the 4th movement in your pattern
- 4) Name two twin blocking defensive techniques from your pattern
- 5) What techniques can you perform with (a) balkal footsword (b) apkumchi ball of the foot
- 6) Explain which movements are performed in **connecting motion** in your pattern

Answers to THEORY QUESTIONS for 5th 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) Yul-Gok (38 movements) is the pseudonym of the great philosopher and teacher Yi I (1536 – 1584). He was nicknamed the Confucius of Korea. The 38 movements of this pattern refer to his birthplace on the 38th degree latitude and the diagram represents scholar
- 3) The hand is placed up to measure the distance (preparation for next movement to follow)
- 4) 1st sang palmok makgi (twin forearm block)
2nd sang sonkal makgi (twin knifehand block)
- 5) (a) **balkal** footsword – yop cha jirugi – side piercing kick
(b) **Apkumchi** dollyo chagi & ap cha busigi – turning kick **and or** front snap kick
- 6) A pair of techniques that are performed as a 1st technique followed by a finishing technique is considered to be performed in a connecting motion