

**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 6<sup>th</sup> Kup Students – GREEN BELTS**

- 1) What is the meaning of Green Belt in Taekwon-Do
- 2) What patterns have you learnt so far and how many movements are in each pattern
- 3) What is the meaning of your new pattern that you've learnt
- 4) Identify and explain the attacking tool for the following techniques:  
1<sup>st</sup> Side Piercing Kick    2<sup>nd</sup> Turning Kick    3<sup>rd</sup> Front Snap Kick
- 5) Identify and name in Korean the following parts of the hand:  
1<sup>st</sup> fore fist            2<sup>nd</sup> back fist            3<sup>rd</sup> finger tip
- 6) Describe and explain with examples the following blocks:  
1<sup>st</sup> inner block AN MAKGI    2<sup>nd</sup> outer block BAKAT MAKGI
- 7) Name and explain the six factors involved for producing power in Taekwon-Do

### **Answers to THEORY QUESTIONS for 6<sup>th</sup> Kup Students**

- 1) Green Belt signifies the plant's growth as Taekwon-Do skill begins to develop
- 2) Chon Ji (19 movements) – Dan-Gun (21 movements) – Do-San (24 movements) – Won-Hyo (28 movements)
- 3) Won-Hyo was the noted monk who introduced Buddhism to the Silla dynasty of Korea in the year 686 AD
- 4) 1<sup>st</sup> Balkal (foot sword)            2<sup>nd</sup> Apkumchi (front sole-ball of foot)  
3<sup>rd</sup> Apkumchi (front sole-ball of foot)
- 5) 1<sup>st</sup> Ap joomuk front two knuckles    2<sup>nd</sup> Dung Joomuk back of fist  
behind the two knuckles            3<sup>rd</sup> Sonkut fingertips all same level
- 6) 1<sup>st</sup> Inside block – blocking to the inside of the attacking tool  
2<sup>nd</sup> Outside block – blocking to the outside of the attacking tool
- 7) 1<sup>st</sup> Concentration (focus)            2<sup>nd</sup> Reaction (movement)  
3<sup>rd</sup> Equilibrium (Balance)            4<sup>th</sup> Mass (Weight)  
5<sup>th</sup> Breath Control (breathing)            6<sup>th</sup> Speed (timing)