

**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 7<sup>th</sup> Kup Students – GREEN TAGS**

- 1) What is the meaning of Green Belt in Taekwon-Do
- 2) What is the name of the new pattern that you have learnt
- 3) How many movements are in your new pattern
- 4) What is the meaning of your new pattern that you've learnt
- 5) What part of the foot would you use for: side piercing kick, turning kick, front snap kick
- 6) Name and identify the three different sections of the body
- 7) Explain "Fast Motion" motion in Taekwon-Do

### **Answers to THEORY QUESTIONS for 7<sup>th</sup> Kup Students**

- 1) Green Belt signifies the plant's growth as Taekwon-Do skill begins to develop
- 2) Pattern name is Do-San
- 3) There are 24 movements in the pattern Do-San
- 4) Pattern Do-San is the pseudonym for the patriot Ahn Chang-Ho (1876 to 1938). The 24 movements in this pattern represent his entire life, which he devoted to furthering the education of Korea and its independence movement
- 5) Foot sword (balkal), front sole – ball of the foot (apkumchi), front sole – ball of the foot (apkumchi)
- 6) High section – eye level NAPUNDE : Middle section – shoulder level KAUNDE : Low section – NAJUNDE
- 7) There is a much shorter time period between the two techniques because, in fast motion, the reaction movement of the first technique is used to set up the second technique