

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 3rd Kup Students – Red Tags

- 1) What is the meaning of Red Belt in Taekwon-Do
- 2) What is the name of your new pattern ? & how many movements does it have in it ?
- 3) What is the meaning of your new pattern that you've learnt
- 4) Name all the patterns that you have learnt & the number of movements
- 5) Explain the meaning of (a) Slow Motion (b) Fast Motion
- 6) What is the "palm upward block" used for
- 7) Name and demonstrate two elbow strikes

Answers to THEORY QUESTIONS for 4th Kup Students

- 1) Red Belt signifies danger, cautioning the student to exercise control, and warning the opponent to stay away
- 2) Toi-Gye It has 37 movements in the pattern
- 3) Toi-Gye is the pseudonym of the noted scholar Yi Hwang (16th century), an authority on neo-Confucianism
- 4) Chon-Ji 19 / Dan-Gun 21 / Do-San 24 / Won-Hyo 28 / Yul-Gok 38 / Joon-Gun 32 / Toi-Gye 37
- 5) (a) Slow Motion – a technique performed slower than what can be considered as normal motion
(b) Fast Motion – a combination of techniques where the reaction movement of the first technique is used to start the second technique
- 6) Sonbadak Ollyo Makgi Palm Upward Block is used to "spring up" an opponent's attacking tool
- 7) (a) ap palkup taerigi – front elbow strike
(b) wi palkup taerigi upper elbow strike