

**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 8<sup>th</sup> Kup Students – YELLOW BELTS**

- 1) What is the meaning of Yellow 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) Name the correct stances and the four blocking techniques in this pattern
- 6) What is the blocking tool in rising block chookyo makgi
- 7) Explain continuous motion in Taekwon-Do

### **Answers to THEORY QUESTIONS for 8<sup>th</sup> Kup Students**

- 1) Yellow Belt represents the earth where the seed of Taekwon-Do is planted as the foundation of Taekwon-Do is being laid
- 2) Pattern name is Dan-Gun
- 3) There are 21 movements in the pattern Dan-Gun
- 4) Pattern Dan-Gun is named after Dan-Gun the legendary founder of Korea in 2233 BC
- 5) 1<sup>st</sup> L-Stance knifehand guarding block (niunja sogi sonkal daebi makgi), 2<sup>nd</sup> Walking stance Outer forearm low block (gunnun sogi bakat palmok najunde makgi), 3<sup>rd</sup> L-Stance twin outer forearm block, outer forearm low block (gunnun sogi bakat palmok najunde makgi), 4<sup>th</sup> Walking stance forearm rising block (gunnun sogi bakat palmok chookyo makgi)
- 6) Outer forearm is the tool used for blocking when performing chookyo makgi (rising block)
- 7) Continuous Motion in Taekwon-Do is one movement that flows into the next movement without any obvious pause