

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 9th Kup Students – YELLOW TAGS

- 1) Describe the meaning of a pattern in Taekwon-Do
- 2) What is the name of the pattern required for Yellow Belt promotion and what does it mean
- 3) How many movements are in the Yellow Belt pattern
- 4) Name the two stances and the two blocking techniques performed in the Yellow Belt pattern
- 5) What is the meaning of Yellow Belt in Taekwon-Do
- 6) Name four stances that you have learnt so far in Taekwon-Do
- 7) Identify and name the body parts you have learnt so far in Taekwon-Do

Answers to THEORY QUESTIONS for 9th Kup Students

- 1) In Taekwon-Do a pattern is a set of fundamental movements which are performed against imaginary opponents, either attack or defensive
- 2) Chon Ji, literally means the Heaven and Earth. The pattern consists of two similar parts, one representing the Heaven and the other Earth
- 3) Chon Ji 19 movements
- 4) 1st Walking stance outer forearm low block (gunnun sogi bakat palmok najunde makgi), and 2nd L-stance inner forearm middle block (niunja sogi an palmok kaunde makgi)
- 5) Yellow Belt represents the earth where the seed of Taekwon-Do is planted as the foundation of Taekwon-Do is being laid
- 6) Attention Stance (charyot sogi), Parallel Stance (narani jumbi sogi), Sitting Stance (annun sogi), Walking Stance (gunnun sogi), L-Stance (niunja sogi)
- 7) Outer Forearm (bakat palmok), Inner Forearm (an palmok), Forefist (ap joomuk), Knifehand (sonkal)