

What you need to know for your 10th Kup Grading

You may be asked these questions on your grading, so try and learn all this

Where does Tae Kwon-Do come from?
Tae Kwon-Do comes from Korea

What does Tae Kwon-Do mean?
Tae means to jump, kick or smash with the foot
Kwon denotes chiefly to punch or destroy with the hand or fist
Do is the way art or method practiced

When was Tae Kwon-Do introduced to the United Kingdom?
It was introduced in 1967

What are the tenets of Tae Kwon-Do?
The tenets are:
Courtesy, Integrity, Perseverance, Self Control and Indomitable Spirit

What is Tae Kwon-Do?
Tae Kwon-Do is a self-defence martial art

What does TAGB mean?
It means Tae Kwon-Do Association of Great Britain

Tell me the 5 stances that you know
These are Walking stance, Ready stance, Attention stance, Sitting stance and L-stance

You may be asked:

To spell Tae Kwon-Do

What grade are you?
You are a 10th Kup white belt

What the colour white means:
White signifies innocence, as that of the beginning student who has no previous knowledge of Tae Kwon-Do

What the colour yellow means:
Yellow signifies earth, from which a plant sprouts and takes root as Tae Kwon-Do foundation is being laid

Who is your grading examiner?
Master Michael Dew, 8th Dan Black Belt is the grading examiner

Who is your club instructor?
Your club instructor is Mr Stephen Lamberth, 5th Dan Black Belt

What does *Sajo jirugi* mean?
Sajo jirugi means 4 directional punch

Who is the founder of Tae Kwon-Do?
Tae Kwon-Do founder is Major General Choi Hong Hi 9th Dan

When was Tae Kwon-Do introduced to the world?
It was 11th April 1955

Your 10th Kup Grading – Test Yourself



Can you find the English term on the right which matches the Korean term on the left?

<i>Dojang</i>	Training suit
<i>Goman</i>	Dismiss
<i>Charyot</i>	Bow
<i>Ti</i>	Instructor
<i>Haessan</i>	Obverse punch
<i>Chunbi</i>	About turn
<i>Jeja</i>	Ready stance
<i>Bandae jirugi</i>	Training hall
<i>Kyong ye</i>	Stop
<i>Baro jirugi</i>	Attention
<i>Dobok</i>	Start
<i>Si jak</i>	Student
<i>Sajo Jirugi</i>	Ready
<i>Sabum</i>	Belt
<i>Dwiyro torro</i>	4 directional punch
<i>Barrol</i>	Reverse punch

What you need to know for your 9th Kup Grading

You will of course be expected to know the questions you got wrong last time

Remember the first grade theory as you may be asked questions from 10th Kup section

What does *Chon Ji* mean?

Chon Ji literally means 'heaven and earth'. It is, in the Orient, interpreted as the creation of the world, or human history. Therefore it is the initial patten played by the beginner. The pattern consists of 2 similar parts – one to represent heaven and the other the earth.

What are the 3 sections of the body?

Low section – *Najunde*

Middle section – *Kaunde*

High section – *Nopunde*

What is inner forearm block in Korean?

An palmok makgi

What is outer forearm block in Korean?

Bakat palmok makgi

Why do you perform 3 step sparring?

3 step sparring is designed for the beginner to learn the basic techniques. 3 step sparring teaches the student many things, including: proper distance, correct facing, forearm conditioning, correct stances, counter attacks and timing

What is 3 step sparring in Korean?

Sambo matsoki

Count to 10 in Korean:

- 1 *hanna*
- 2 *dool*
- 3 *seth*
- 4 *neth*
- 5 *dasaul*
- 6 *yosaul*
- 7 *ilgop*
- 8 *yodoll*
- 9 *ahop*
- 10 *yoll*

What is the Korean for kick?

CHAGI

What is the Korean for block?

MAKGI

What is the Korean for stance?

SOGI

What is the Korean for punch?

JIRUGI

Tell me 5 stances that you know in Korean?

Walking stance – *Gunnun sogi*

Sitting stance – *Annun sogi*

Parallel ready stance – *Narani chunbi sogi*

Attention stance – *Charyot sogi*

L-stance – *Niujinja sogi*

When was the TAGB formed?

The TAGB was formed in August 1983

What is forefist in Korean?

Forefist is *Ap joomuk*

Your 9th Kup Grading – Test Yourself



Can you find the English term on the right which matches the Korean term on the left?

<i>Najunde</i>	Outer forearm block
<i>An palmok makgi</i>	3 step sparring
<i>Narani chunbi sogi</i>	Middle section
<i>Makgi</i>	Stance
<i>Kaunde</i>	Walking stance
<i>Sambo matsoki</i>	Punch
<i>Niujinja sogi</i>	Sitting stance
<i>Nopunde</i>	Forefist
<i>Gunnun sogi</i>	Attention stance
<i>Chagi</i>	High section
<i>Ap joomuk</i>	Inner forearm block
<i>Bakat palmok makgi</i>	Parallel ready stance
<i>Sogi</i>	Low section
<i>Annun sogi</i>	Block
<i>Jirugi</i>	Kick
<i>Charyot sogi</i>	L-stance

What you need to know for your 8th Kup Grading

Please do not forget previous theory as well

Well done on passing your yellow belt; it is good to see new colours in the class

What is the meaning of pattern *Dan Gun*?
Dan Gun is the legendary founder of Korea in the year 2333 BC

What kicks do you know? Name them in Korean

Front kick – *Ap cha busigi*

Side kick – *Yop chagi*

Turning kick – *Dollyo chagi*

How many moves does pattern *Dan Gun* have?

It has 21 movements

What does the colour green signify?

Green signifies the plants growth as Tae Kwon-Do skills begin to develop

Some history of Tae Kwon-Do

The TAGB was formed in August 1983

The TAGB is a member of Tae Kwon-Do International. Tae Kwon-Do International is a worldwide body with representation in every continent of the globe. TKD International was inaugurated on 13th November 1993

What is a pattern?

A pattern is a set of fundamental movements, mainly defence and attack, set in a logical sequence to deal with one or more imaginary opponents. Patterns are an indication of a student's progress – a barometer in evaluating an individual's technique

NEW KOREAN TERMS

Knifehand guarding block – *Sonkal daebi makgi*

Twin forearm block – *Sang palmok makgi*

Front kick double mid-section punch – *Ap cha busigi, Doo kaunde jirugi*

Inward - *Anaero*

Outward – *Bakaero*

PLEASE REMEMBER THAT THERE IS MORE THEORY IN THE STUDENT HANDBOOK
There are also video tapes available with patterns and set sparring. You can also purchase audio CDs. All available from your Club Instructor.



Your 8th Kup Grading – Test Yourself



Can you find the English term on the right which matches the Korean term on the left?

<i>Anaero</i>	Strike
<i>Ap cha busigi</i>	Front kick double mid-section punch
<i>Sonbadak</i>	Reverse
<i>Sonkal daebi makgi</i>	Twin forearm block
<i>Dollyo chagi</i>	Obverse
<i>Cha olligi</i>	Side kick
<i>Ban jayoo matsoki</i>	Turning kick
<i>Ap cha busigi, Doo kaunde jirugi</i>	Inward
<i>Sang</i>	Side fist
<i>Bakaero</i>	Front kick
<i>Taerigi</i>	Palm
<i>Baro</i>	Knifehand guarding block
<i>Yop chagi</i>	Rising kick
<i>Yop joomuk</i>	Semi free sparring
<i>Sang palmok makgi</i>	Outward
<i>Bandae</i>	Twin

What you need to know for your 7th Kup Grading

Yes, learn previous theory as you will be asked questions you previously got wrong
Congratulations on your 7th Kup!

What is the meaning of pattern *Do San*?

Do San is the pseudonym of the patriot Ahn Chang Ho (1876 to 1938) who devoted his entire life to furthering the education of Korea and its independent movement

How many movements does pattern *Do San* have?

It has 24 movements

What are the 8 points that are to be considered when performing a pattern?

Find them out and write them here:

What does the colour green signify?

Green signifies the plants growth as Tae Kwon-Do skills begin to develop

Why do we perform patterns?

We practice patterns to improve our Tae Kwon-Do techniques to develop sparring techniques, to improve techniques, to improve flexibility of movement, master body shifting, develop muscles, balance and breathing control. They also enable us to acquire techniques that cannot be learnt from other types of training

Why do we perform 3 step semi-free sparring?

This form of sparring is designed as a step forward from basic 3 step sparring. It involves 3 consecutive attacks and 3 blocks, plus a counter attack. 3 step sparring should not be hurried, the secret is reaction force and quick, intelligent movements. This is where the true art of sparring is learnt

NEW KOREAN TERMS

Wedging block – <i>Heycho makgi</i>	Straight spear finger thrust – <i>Sun sonkut tulgi</i>
Release move – <i>Jappyosal tae</i>	Fingertip – <i>Sonkut</i>
Thrust – <i>Tulgi</i>	Straight – <i>Sun</i>
Back fist – <i>Dung joomuk</i>	Fixed stance – <i>Gojong sogi</i>
Palm – <i>Sonbadak</i>	Knifehand – <i>Sonkal</i>
Vertical stance – <i>Soojik sogi</i>	Semi free sparring – <i>Ban jayoo matsoki</i>

Your 7th Kup Grading – Test Yourself



Can you find the English term on the right which matches the Korean term on the left?

<i>Soojik sogi</i>	High section punch
<i>Sonkal</i>	Thrust
<i>Nopunde baro jirugi</i>	Straight spear fingertip thrust
<i>Jappyosal tae</i>	Fixed stance
<i>Sun sonkut tulgi</i>	Backfist
<i>Sonbadak</i>	Release move
<i>Heycho makgi</i>	Knifehand
<i>Gojong sogi</i>	Finger
<i>Dung joomuk</i>	Palm
<i>Sun</i>	Wedging block
<i>Tulgi</i>	Fingertip
<i>Yop cha jirugi</i>	Backfist side strike
<i>Songarak</i>	Vertical stance
<i>Sonkal deabi makgi</i>	Side piercing kick
<i>Sonkut</i>	Straight
<i>Dun joomuk yop taerigi</i>	Knifehand guarding block

What you need to know for your 6th Kup Grading

Again, learn all from before!

What does the colour blue signify?
Blue signifies the heaven towards which the plant matures into a towering tree as training in Tae Kwon-Do progresses

What does *Won Hyo* mean?
Won Hyo was the noted monk who introduced Buddhism in the Silla Dynasty in the year 686AD

How many movements does pattern *Won Hyo* have?
Won Hyo has 28 movements

What is 2 step sparring in Korean?
2 step sparring is *Ibo matsoki*

NEW KOREAN TERMINOLOGY TO LEARN

Stances:
Fixed stance – *Gojong sogi*
Closed stance – *Moa sogi*
Bending ready stance – *Guburyo chunbi sogi*

Parts of the body:
Foot parts – *Habansan*
Hand parts – *Sang bansin*
Back sole – *Dwit kumchi*
Back heel – *Dwit chook*

Basic moves:
Circular block – *Dollimyo makgi*
Waist block – *Hori makgi*
X fist block – *Kyocho joomuk makgi*
Twin vertical punch – *Sang sewo jirugi*
Side punch – *Yop jirugi*
Reverse turning kick – *Bandae dollyo chagi*

General terms:
Back – *Dwit*
Elbow – *Palkup*
Upward – *Olliyo*

WHY ARE THERE 24 PATTERNS IN TAE KWON-DO?

The reason for there being 24 patterns in Tae Kwon-Do is because the founder, Major General Choi Hong Hi, compared the life of a man with a day in the life of the earth

Your 6th Kup Grading – Test Yourself



Can you find the English term on the right which matches the Korean term on the left?

<i>Yop jirugi</i>	Back
<i>Dollimyo makgi</i>	Twin vertical punch
<i>Habansan</i>	Back sole
<i>Dwit chook</i>	Upward
<i>Sang sewo jirugi</i>	Side punch
<i>Olliyo</i>	Foot parts
<i>Dwit</i>	Circular block
<i>Dwit kumchi</i>	Closed stance
<i>Kyocho joomuk makgi</i>	Waist block
<i>Ibo matsoki</i>	Bending ready stance
<i>Palkup</i>	Reverse turning kick
<i>Sang bansin</i>	Back heel
<i>Hori makgi</i>	Elbow
<i>Moa sogi</i>	Hand parts
<i>Guburyo chunbi sogi</i>	X fist block
<i>Bandae dollyo chagi</i>	2 step sparring

What you need to know for your 5th Kup Grading

Yes, all from before !!!

What is the meaning of pattern *Yul Gok*?

Yul Gok is the pseudonym of a great philosopher and scholar, Yi J (1536 to 1584 AD) nicknamed the Confucious of Korea. The 38 movements refer to his birth place on 38 degrees latitude and the diagram represents the scholar

NEW KOREAN TERMINOLOGY TO LEARN !!

Stances:

X-stance – *Kyocho sogi*

General terms:

Jumping – *Twiggi*

Basic movements:

Double forearm block – *Doo palmok makgi*

Hooking block – *Golcho makgi*

Upset punch – *Dwijibo jirugi*

Hooking kick – *Golcho chagi*

Explain free sparring?

Free sparring is basically putting what has been learnt so far into practice, with no pre-warning of attack. Therefore not as many defending techniques can be practised as in other forms of sparring

What is free sparring in Korean?

Free sparring is called *Jayoo matsoki*

Why is 2 step sparring practiced?

2 step sparring is designed for the intermediate student to learn more advanced techniques, also using the same timing and distance as in three step sparring, but with more varied attacks, thus allowing the attacking student to develop various combinations

SELF
DEFENCE

Your 5th Kup Grading – Test Yourself



Can you find the English term on the right which matches the Korean term on the left?

<i>Golcho makgi</i>	Knee
<i>Jayoo matsoki</i>	X-stance
<i>Opun sonkut tulgi</i>	Palm
<i>Twigi</i>	Upset punch
<i>Sonbadak miro makgi</i>	Hooking block
<i>Moorup</i>	Jumping
<i>Golcho chagi</i>	Turning punch
<i>Kyocho sogi</i>	Double forearm block
<i>Bujuba makgi</i>	Front elbow strike
<i>Dwijibo jirugi</i>	Flat fingertip thrust
<i>Doo palmok makgi</i>	Free sparring
<i>Dollyo jirugi</i>	Grasping block
<i>Ban jayoo matsoki</i>	Hooking kick
<i>Sonbadak</i>	Crescent kick
<i>Bandal chagi</i>	Palm pushing block
<i>Ap palkup taerigi</i>	Semi free sparring

What you need to know for your 4th Kup Grading

Again, learn all from before
Congratulations on your 4th Kup!

What is the meaning of *Joong Gun*?

Joong Gun is named after the patriot An Joong Gun who assassinated Hiro Bumi Ito, the first Japanese Governor General of Korea. He was known as the man who played the leading part of the Korea-Japan merger. The 32 movements refer to Mr An's age when he was executed in Lui Shung prison in the year 1910.

How many moves does pattern

Joong Gun have?

It has 32 movements

NEW KICKS:

Consecutive kick – *Yonsok chagi*

Pressing kick – *Noolyo chagi*

Find out why we do 1 step sparring and what it is called in Korean?

Write the answers in the box:

What does the colour red signify?

Red signifies danger; cautioning the student to exercise control; and also to warn the opponent to stay away

What type of block is a U-shaped block, and what hand part is used in its application?

It is a Pole block and the hand part that is used is an Arch hand

NEW KOREAN TERMS

X-block – *Kyocha makgi*

U-shaped block – *Digutcha makgi*

Pressing block – *Noolyo makgi*

Downward block – *Naeryo makgi*

Pole block – *Mondongi makgi*

Rear foot stance – *Dwit bal sogi*

Low stance – *Nacho sogi*

Side thrust kick – *Yop cha tulgi*

Turning punch – *Dollyo jirugi*

Arc hand – *Bandal son*

Twin upset punch – *Sang dwijibo jirugi*

Upward elbow strike – *Wi palkup taerigi*

Downward kick – *Naeryo chagi*

Back kick – *Dwit chagi*

Reverse turning hooking kick – *Bandae dollyo goro chagi*

Your 4th Kup Grading – Test Yourself



Can you find the English term on the right which matches the Korean term on the left?

<i>Digutcha makgi</i>	Back kick
<i>Wi palkup taerigi</i>	Pressing block
<i>Yop cha tulgi</i>	Downward kick
<i>Mondongi makgi</i>	Downward block
<i>Nacho sogi</i>	Upward elbow strike
<i>Naeryo makgi</i>	U-shaped block
<i>Dwit bal sogi</i>	Arc hand
<i>Dwit chagi</i>	X-block
<i>Naeryo chagi</i>	Reverse turning hooking kick
<i>Dollyo jirugi</i>	Side thrust kick
<i>Kyocho makgi</i>	Pole block
<i>Bandal son</i>	Mid section upset
<i>Bandae dollyo goro chagi</i>	Low stance
<i>Dwijibun</i>	Rear foot stance
<i>Noolyo makgi</i>	Turning punch
<i>Dwijibo</i>	Low section upset

What you need to know for your 3rd Kup Grading

Keep the brain refreshed with all from before !!

What does pattern *Toi Gye* mean?

Toi Gye is the penname for the noted scholar Yi Hwang (16th Century AD) who was an authority on Neo-Confucianism. The 37 movements refer to his birthplace on the 37 degree latitude and the diagram represents the scholar.

NEW KOREAN TERMS

W shaped block – *San makgi*
Flying kick – *Twimyo chagi*
Front pushing kick – *Ap cha milgi*
Flying - *Twimyo*
Upset fingertip – *Dwijibun sonkut*

Make sure you know all set sparring inside out !

Why do we practice destruction in Tae Kwon-Do training?

Destruction is a test of technique, speed, accuracy, reaction, distance, attitude and commitment. A student must have these ingredients to enable them to destruct without getting injured. It is also a test of one's mental attitude. Destruction teaches you to focus your mind.

All your training techniques should now be maturing. Your own personal standard only improves with your hard work and practice !

SELF
DEFENCE

Your 3rd Kup Grading – Test Yourself



Can you find the English term on the right which matches the Korean term on the left?

San makgi

Flying kick

Dwijibun sonkut

Upward elbow strike

Twimyo chagi

Front pushing kick

Wi palkup taerigi

1 step sparring

Doro chagi

Flying

Hori makgi

W-shaped block

Ap cha milgi

Pressing kick

Sang sonkal makgi

9 shaped block

Ilbo matsoki

Twin pushing block

Soojik sogi

Waist block

Twimyo

Waving kick

Ollyo makgi

Vertical stance

Noollo chagi

Twin knifehand block

Sang miro makgi

Upward block

Gutja makgi

Grab

Japgi

Upset fingertip

What you need to know for your 2nd Kup Grading

What does the colour black signify?

Black is opposite to white, therefore signifying the maturity and proficiency in Tae Kwon-Do. It also indicates the wearer's imperviousness to darkness and fear.

What is the meaning of pattern *Hwa Rang*?

Hwa rang is named after the Hwa Rang youth group which originated about 600AD. This group eventually became the actual driving force for the unification of the three kingdoms of Korea. The 29 movements refer to the 29th Infantry Division where Tae Kwon-Do developed into full maturity.

MORE KOREAN TO LEARN!

General:

Inside – *An*

Outside – *Bakat*

Parts of body:

Fingertips – *Sonkut*

Instep – *Baldung*

Reverse – *Baldal*

Footsword - *Dung*

Basic movements:

Sweeping block – *Hullyo makgi*

Palm pushing block – *Sonbadak miro makgi*

Upward punch – *Ollyo jirugi*

Twisting kick – *Bituro chagi*

Twin foot kick – *Sang bal chagi*

Vertical kick – *Sewo chagi*

Flying high kick – *Twimyo nopi chagi*

All sparring should now be done with more advanced techniques

SELF
DEFENCE

Your 2nd Kup Grading – Test Yourself



Can you find the English term on the right which matches the Korean term on the left?

Sang bal chagi

Twisting kick

Bituro

Instep

An

Flying high kick

Ollyo jirugi

Footsword

Mikulgi

Twin foot kick

Baldung

Outside

Bakat

Sweeping block

Bituro chagi

Vertical kick

Batchaba makgi

Horizontal punch

Balkal dung

Upward punch

Sewo chagi

Twisting

Hullyo makgi

Sliding

Balkal

Grasping block

Twimyo nopi chagi

Reverse footsword

Soopyong jirugi

Inside

What you need to know for your 1st Kup Grading

You've guessed it; learn all from before !!!

Be prepared for all questions from 10th Kup to 1st Kup

What is the meaning of pattern *Choong Moo*?

Choong Moo was the name given of the great Admiral Yi Sun-Siu of the Yi Dynasty. He was reputed to have invented the first armoured battleship (*koboksou*) which was the precursor of the present day submarine in 1592 AD. The reason why this pattern ends with a left handed attach is to symbolise his regrettable death having no chance to show his unrestrained potentiality checked by the forced reservation of his loyalty to the King.

These questions you will have to give your answers to; so get thinking ...

What is your reason for wanting your Black Belt?

Why do you practice Tae Kwon-Do?

Why do we learn the meanings of patterns?

What is the difference between a martial art and a sport?

MORE TERMINOLOGY !

One leg stance – *Wae bal sogi*

Checking block – *Momchau makgi*

Downward block – *Naeryo makgi*

Double arc hand block – *Doo bandalson makgi*

Stamping kick – *Cha bapgi*

Flat fingertip thrust – *Opun sonkut tilgi*

Learn all you need to know and get plenty of practice in.

If you have got this far you can do it!

You owe it to yourself for all the hard work and effort.

Your 1st Kup Grading – Test Yourself



Can you find the English term on the right which matches the Korean term on the left?

<i>Momchau makgi</i>	Stamping kick
<i>Doo bandalson makgi</i>	One leg stance
<i>Cha bapgi</i>	Chest
<i>Wae bal sogi</i>	Downward block
<i>Hullyo makgi</i>	Checking block
<i>Gasum</i>	Flowing block
<i>Naeryo makgi</i>	Leg
<i>Momchau</i>	Breaking or destruction
<i>Twio nomo chagi</i>	Sweeping
<i>Hullyo</i>	Scooping block
<i>Pal</i>	Checking
<i>Twimyo</i>	Double arc hand block
<i>Duro makgi</i>	Arm
<i>Dari</i>	Overhead kick
<i>Gyokpa</i>	Flying techniques

Questions for Black Belt Gradings

Name the five tenets of TKD

What are tenets?

If there was to be a sixth, what do you suggest it should be?

I said loyalty

What is the difference between a sport and a martial art?

In a sport, you are in competition with others. In a martial art, you are only in competition with yourself.

Why do you want to be a black belt?

What will you do if you fail this grading?

What are ITF and WTF Tae Kwon-Do, and what are the differences between the two? Which one do we practice? Which one do we belong to?

ITF stands for International Tae Kwon-Do Federation.

WTF stands for World Tae Kwon-Do Federation.

We belong to neither organisation. The world body that we belong to and are one of the founder members is Tae Kwon-Do International.

ITF is the original Federation that Major General Choi founded; the ITF style is the original style of Tae Kwon-Do. It is the style of TKD that the TAGB practices. It is worth noting that modern ITF Tae Kwon-Do has itself changed since 1955. We still practice it as it was originally conceived.

The WTF style of Tae Kwon-Do is more sport orientated than ITF. It is the style that has been accepted as an Olympic sport. Its sparring differs to ours in that it is full contact. The competitors wear body armour and no punching to the head is allowed. The ITF style could be considered to be a martial art, whereas the WTF style could be considered to be a modern combat sport.

In the coloured belt patterns there are “release moves”. How many are there and what patterns are they in?

Do San, Joong Gun and Hwa Rang. Make sure that you know which moves.

If somebody asked you what Tae Kwon-Do is, what would you tell them?

What is the purpose of the 360 degree jump in Choong Moo?

To confuse the opponent.

Give the meaning of Won Hyo.

What is Buddhism?

An Oriental religion.



Give the meaning of Yul Gok or Toi Gay.

What is Confucianism or Neo Confucianism?

Confucius founded a religion and philosophy, partly based on respect for your superiors, elders and betters. Neo literally means “new”.

What do the 29 movements in Hwa Rang represent?

The 29th Infantry Division where TKD developed.

Who commanded the 29th Infantry Division?

Major General Choi Hong Hi.

Why do we learn the meanings of patterns?

The names of patterns and their meanings are about famous people and events in Korean history. These are people or events that demonstrate great feats of bravery, self-sacrifice and dedication. We learn about them so that we may learn and be inspired by them and to perhaps copy them in our own lives.

So next they can often ask something like ...

“Ok, so what do you learn by, for instance, Joon Gun?”

An Joon Gun assassinated the Japanese Governor General of Korea. He was arrested and executed for this. From this I learn that it may be sometimes necessary to give your life, or be prepared to give your life, for something that is right and that you believe in. Perhaps you learn something different from this meaning. The panel could pick any pattern meaning and ask you what you learn from it, so when you study the meanings, think about what lesson it holds for you.

What other martial arts influenced the development of TKD?

Tae Kyon (Korean foot fighting art)

Soo Bak (Korean hand fighting art)

Shotokan Karate

What is the difference between a red belt and a black belt student?

A black belt is perceived to be an “expert” and expected to know and be able to do everything. This takes some growing into. The black belt must strive to be worthy of the grade. Ultimately the difference is responsibility, particularly responsibility within the club and TKD environment.

What is the difference between a strike and a thrust?

For me, this answer is not the whole story, but it is what the grading examiners want to hear. Roughly, a strike impacts on the surface of the target, whereas a thrust is designed to penetrate.