

	Questions	Answers
1	What is the difference between a thrust and a strike?	A thrust goes straight to a target, whilst a strike can come from any direction
2	How many coloured belt patterns have a release in them?	Three – Do-San, Joong-Gun, Hwa Rang
3	How many coloured belt patterns have a back –fist strike in?	Five – Do-San, Yul-Gok, Joong-Gun, Toi -Gye, Choong-Moo
4	Name five types of back fist strike?	Front (as in No.3 in three step sparring) Back (as in Toi-Gye) Downward (aiming for the shoulder) Spinning (as in Do San) Side (As in Choong Moo)
5	How many coloured belts patterns have a finger tip thrust in them?	Six – Do-San, Won-Hyo, Yul Gok and Hwa Rang (middle straight) Toi-Gye (low upset and high flat), Choong Moo (high flat)
6	Name three coloured belt patterns that start in Moa Sogi?	Won-Hyo (A), Joong-Gun or Toi-Gye (B), Hwa-Rang (C)
7	How do you create power?	Reaction force, waist/hip twist, speed, kinetic energy
8	What is the Korean word for breaking?	Gyokpa
9	What is the Korean term for consecutive kick and what does it mean?	Yonsok chagi. A consecutive kick is when two or more kicks are executed using the same foot without lowering the leg to the floor.
10	What is the Korean word for combination kick and what does it mean?	Honap chagi. A combination kick is when both feet are used to execute two or more kicks in succession while jumping or flying.
11	Name three kicks that use the heel?	Axe kick (Naeryo chagi) Reverse turning kick (Bandaedollyo chagi) Hooking kick (Golcha chagi)
12	Name five vital spots of the upper body?	Phitrum (Injoong) Mandibular joint (tok gwanjol) Point of Jaw (Mitt ok) Eyes (angoo) Adam's apple (gyol hoo)
13	Name five vital spots of the middle body?	Sternum (hyung gol) Solar plexus (myong chi) Kidneys (kongpat) Floating ribs (nuk gol) Stomach/abdomen (bokboo)
14	Name five vital spots on the lower body?	Coccyx (migol)

		Groin (sataguni) Instep (baldung) Knee (moorup) Shin (jong kwaeng-i)
15	Count to ten in Korean	1 = Hanna 2 = Dool 3 = Seth 4 = Neth 5 = Dasaul 6 = Yosaul 7 = Ilgop 8 = Yodoll 9 = Ahop 10 = Yoll
16	Why do we twist the fist to punch?	For power and penetration
17	What is the meaning of Hwa Rang?	Flowering Youth-Hwa (Flower) Rang (Young man)
18	How many people are on the TAGB committee?	Nine
19	Who are they?	Dave Oliver Michael Dew Don Atkins Ron Sergiew Paul Donnelly Kenny Walton Brian Towndrow Gianni Peros Jim Love
20	What are their titles?	Dave Oliver = Chairman of TAGB Michael Dew = Vice Chairman of TAGB and Chairman of BTC Don Atkins = National Secretary Rob Sergiew = Treasurer Paul Donnelly = Liaison Officer Kenny Walton = National Coach Brian Towndrow = Committee Member

		Gianni Peros = Committee Member Jim Love = Committee Member
21	When was the Tae Kwon-Do inaugurated?	Tae Kwon-Do was inaugurated in South Korea on 11 th April 1955 by General Choi Hong Hi
22	What year did Tae Kwon-Do come to Great Britain?	Tae Kwon-Do was introduced to Great Britain in 1967 by Master Rhee Ki Ha.
23	When was the TAGB formed?	The TAGB was formed in August 1983
24	When was the British Tae Kwon-Do Council formed?	The BTC was formed on April 21 st 1988 and is recognised by the sports council (Sport UK) as the only governing body for Tae Kwon-Do in the UK. The TAGB is the founder member of the BTC.
25	When was Tae Kwon-Do International created?	Tae Kwon-Do International was created on 13 November 1993 and is a worldwide body with representation on every continent. TKDI is a non political organisation open to all styles of Tae Kwon-Do.
26	What is the significance of the year 2333BC?	The year the Holy Dan Gun founded Korea.
27	Who was Admiral Yi Sun Sin?	Admiral Yi was posthumously awarded the title of Choong Moo (man of loyalty and chivalry) for his victories over the Japanese navy. In 1952 he invented the first armoured battleship, known as the Kobukson.
28	Why does the pattern Choong Moo end in a left hand attack?	To symbolise Choong Moo's regrettable death, having no chance to show his unrestrained potential checked by the forced reservation of his loyalty to the king (he refused to obey an order to intercept the Japanese fleet, which he knew to be a trap)
29	Who was Ahn Joong Gun?	Ahn Joong Gun was the patriot who assassinated Hiro Bumi Ito, the first Japanese Governer General of Korea. He was executed at Lui Shung prison in 1910.
30	What is the significance of 29 movements in pattern Hwa Rang?	The 29 movements refer to the 29 th infantry Division where Tae Kwon-Do developed.
31	What is the significance of the year 686 AD?	It's the year the noted monk Won Hyo introduced Buddhism into the Silla dynasty
32	Who was Yi Hwang?	Yi Hwang was a 16 th Century authority on Neo-Confucianism, as stated in the pattern Toi Gye- (his pen name)
33	Who was Ahn Ch'ang Ho?	Anh Chang Ho devoted his entire life to furthering the education of Korea and its independence movement. His pseudonym was Do San
34	What do the 38 movements in Yul Gok represent?	The 38 movements refer to Yul Gok's birth place on the 38 degree latitude.

35	What else does 38 signify in Yul Gok?	It is the latitude that divides North and South Korea.
36	Who was Yi I?	Yi I was a great philosopher and scholar (1536-1584) who was nicknamed the 'Confucius of Korea'. His
37	When would you use your toes to perform a kick?	You would perform a kick using your toes only if you were wearing shoes or footwear.
38	What is the difference between 'dwit' and 'dung'?	Both mean 'back'. Dung refers to a part of the body, e.g. 'reverse', as in sonkal dung (reverse knife hand). Dwit refers to the direction, as in dwit palkup tulgi (back elbow thrust)
39	What is the purpose of stances?	Stances help to develop strong leg muscles and provide a stable from which to execute techniques.
40	What is the difference between a back kick and a reverse side kick?	Nothing – they are both the same.
41	What is the Korean name for 'grabbing knee kick'?	Butjaba moorup chagi
42	What is the blocking tool for 'golcha makgi'?	Sonbadak (palm), then grabbing with bandal son (arc hand)
43	What is the blocking tool for 'digutja makgi'?	Sonkal dung (reverse knife-hand) then grabbing with bandal son (archand)
44	What is the difference between back, back-fist strike and side back –fist strike?	It is the direction of strike in relation to the body, i.e. towards the back or side.
45	How do you know if a stance is a left or right hand stance?	This is defined by whichever leg bears the most weight, or if evenly distributed, whichever leg is forward.
46	What are the weight distributions for walking stance, low stance, L-Stance, X-Stance and rear foot stance?	Walking stance and low stance (50:50) L-Stance (70:30) X-Stance and rear foot stance (80:20)
47	When you perform 'anuro sonkal taerigi' (2 nd move in Won Hyo), what is the other arm used for?	The extended arm is used to grab and pull the opponent in, as a reaction force. It is also in the ready position to defend the body against another attack.
48	Green signifies a plant's growth – what does the plant represent?	The student
49	Who introduced Tae Kwon-Do to the UK?	Grand Master Rhee Ki Ha (9 th Dan)
50	What does 'sun' mean?	Straight
51	What is 'doo palmok makgi' used for?	It is a sweeping block where the rear arm supports the main blocking arm against a heavy attack. The rear arm also protects the mid section and is in a position to perform a low block against a second attack.
52	What is 'dollimyo makgi' used for?	Circular block is a combined block against a low kick and middle attack. The block is first used to scoop the attacking leg and throw the opponent

		off balance, then to block a following middle attack.
53	What were the three kingdoms of Korea?	Silla, Baek Je and Koguryo
54	When were the three kingdoms unified?	Silla conquered Koguryo and Baek Je unifying the three kingdoms in 668 AD.
55	When was the Yi Dynasty formed?	The Yi Dynasty was formed in 1392 AD after the fall of the Koryo Dynasty
56	In 'kaunde sun sonkut tulgi' what techniques are you performing?	One arm is deflecting an attack and is then in a ready position to defend the body, whilst the other is performing a straight finger tip thrust.
57	What is the difference between a twin forearm block 'sang palmok makgi' and a double forearm block 'doo palmok makgi'?	A twin block is a defence against two attackers and a double block is a defence against one attacker.
58	Name the different knife hand strikes you know?	Knife hand side strike = sonkal yop taerigi Knife hand front strike = sonkal ap taerigi Downward knife hand strike = naeryo sonkal taerigi Inward knife hand strike = anuro sonkal taerigi Outward knife hand strike = bakuro sonkal taerigi
59	Name the different finger tip thrusts you know and possible target areas?	High flat finger tip thrust to the throat/eyes = nopunde opun sonkut tulgi Middle straight fingertip thrust to the solar plexus = kaunde sun sonkut tulgi Low upset fingertip thrust to groin = najundi dwijibo sonkut tulgi
60	General Korean –inward, upward etc..	An = Inner Bakat = Outer Anuro = Inward Bakuro = Outward Wi = Upper Ollyo = Upwards Ap = Front Dwit = Back Bandaе = Reverse Baro = Observe Najunde = Low Kaunde = Middle Nopunde = High Orun = Right Wen = Left Apro Kaggi = Forwards

		Dwiyro kaggi = Backwards Dwiyro torro = About turn Dolgi = turn
61	In 'Yul Gok' when you perform the elbow strike, what is the hand you are striking used for?	It is used to focus your attack and simulates holding the opponent's head to which you are striking
62	Why is the palm facing up on a low section upset finger tip thrust?	If the hand is deflected upwards by the attacker (i.e. by a kick), it can be rotated to perform a fore fist punch. The hand will also not be in a position to be bent backwards by a kick.
63	Why do we use inner and outer forearm block with?	Because of the inherent strength and close proximity of the bone to the surface of the skin, causing pain to the opponent on impact.
64	Name the different elbow strikes and thrusts you know?	Front elbow strike = Ap palkup taerigi Side elbow strike = Yop palkup taerigi Upper elbow strike = Wi palkup taerigi Back elbow strike = Dwit palkup tulgi Straight elbow downward thrust = Sun palkup naeryo tulgi Double elbow strike = jau palkup taerigi
65	Name the kicks you know and the striking tool used?	Front kick ball of foot = Ap chagi Side kick, foot sword = Yop chagi Turning kick, ball of the foot or instep = Dollyo chagi Back kick forward sword = Dwit chagi Reverse turning kick, heel = Badae dollyo chagi Downward axe kick, heel = Naeryo chagi Crescent kick, footsword (outward) or sole of foot (inward) Bandal chagi Twist kick, ball of foot = Bituro chagi Pressing kick, footsword = Noolo chagi Side pushing kick, footsword = Yop cha milgi
66	What is the Korean name and purpose of double arc hand block?	Doo badalson son makgi = Used as a checking block to the sternum or to block a thrown object
67	What is the Korean name and purpose of horizontal punch?	Soopyong jirugi = The purpose is to defend against two attackers, using a turning punch (dollyo jirugi) for one coming at close range and a side punch (yop jirugi) for the other at a middle distance
68	What is the Korean name and purpose of 9-shaped Block?	Gutcha makgi = It is used to block a middle punch and the break the elbow joint.
69	What do the pattern interpretations mean to you?	See separate sheet!

70	What is a pattern?	A pattern is a set of fundamental movements, mainly attack and defence, set in a logical sequence to deal with one or more imaginary opponents. Patterns are an indication of a students' progress – barometer in evaluating individuals
71	Why do we perform patterns?	We practice patterns to improve our Tae kwon-Do techniques, to develop sparring techniques, to improve flexibility of movement, master body shifting, develop muscles, balance and breath control. Patterns also enable us to acquire techniques which cannot be obtained from other forms of training.
72	Why do we learn the interpretation of patterns?	The interpretation gives a pattern a meaning, each pattern is based on a historic moment in Korean history, where legendary figures showed loyalty, dedication and even gave their lives to make significant changes to their country. We learn interpretations of patterns to gain inspiration from the events and people portrayed in the meanings.
73	Who is your regional representative?	David Oliver Chairman of the TAGB
74	When did General Choi Hong Hi die?	15 th June 2002. He was laid to rest on 17 th June at Pyongyang
75	What two further tenets would you suggest?	Loyalty and Humility, because loyalty to their cause has been demonstrated by the patriots, scholars and philosophers in the meaning of patterns
76	What is the formula for power?	Force = mass x acceleration ($F = MA$) X mass x velocity x velocity ($KE = MV^2$) The energy available in a technique depends on the mass and the square of the velocity. Speed (velocity) is therefore more important than mass in promoting power. We cannot change our mass, but we can increase our speed through training.
77	What is kinetic energy?	Energy from motion
78	What does Moa Junbi Sogi 'A' represent?	Um Yang which means 'opposites' as in the hard and soft sides of Tae Kwon-Do or the martial aspect vs the philosophical perspective.
79	Why do we perform 'kyocha joomuk chookyo makgi' (as in Choong Gun)	To block a blow to the head and be in a position to grab the opponent or weapon with both hands.
80	Why do we perform 'kaunde sonkal taerigi' in L-Stance in Dan Gun (movement 18) but in sitting stance in Do San (movement 23)	It depends on the direction of travel for the following move. In Dan Gun the next move is forwards into nopunde ap joomuk jirugi, but in Do San, the side strike is repeated along the same direction of travel.
81	Why do we pull our elbows down sharply in 'sonkal daebi makgi' and 'palmok daebi makgi'?	To create tension, ready to guard the body from an attack. Bringing the elbows down sharply may also help deflect an oncoming attack

82	What is Tae Kwon-Do?	Tae Kwon-Do is a Korean Military martial art developed by General Choi Hong Hi in 1955. Loosely translated it means Foot Fist Art. Tae means to jump, smash or kick with the feet and Kwon to punch, strike with the hand and Do is a way of life or a philosophy to live your life by.
83	What are the components of Tae Kwon-Do?	Taek Kyon, Shotokan Karate and Subak.
84	What is Taek Kyon?	Taek Kyon was an early Korean form of self defence. Tomb paintings dating back to 50BC show men practising forms known as Taek Kyon from which Tae Kwon-Do developed.
85	What are the targets for 'high flat finger tip thrust'?	Throat, eyes and philtrum
86	Why do we practice patterns beyond 6 th Dan?	To maintain balance and co-ordination and to continue to improve
87	Why are the floating ribs a vulnerable target area?	Because they are only attached to the spine and are unsupported at the front/side and therefore weak.
88	What does Mikulgi mean?	Sliding
89	Why do we perform a breaking test?	To demonstrate the power in the technique and to show commitment
90	Why do we perform 1 step sparring?	To practise defence techniques in as realistic a way as possible to practise speed and reaction to an attack.
91	Why do black belts have additional black trim on their doboks?	The black trim is symbolic as in ancient Korea the colour black signified the highest position i.e. royalty and the aristocracy.
92	How many coloured belt patterns have a bending ready stance in them?	Three- Won Hyo, Yul Gok, Choong Moo
93	What is the Korean for 'turn'?	Dolgi
94	What is the Korean term for 'waving kick' and what is its purpose?	Doro chagi to defend against a kick to the groin. It can also be used to stamp
95	What is the Korean for the following?	Head = Mori Arm = Pal Hand = Son Foot = Bal Chest = Gasum Eye = Angoo
96	What are 'sonkal batang' and umji batang'?	Base of knife hand and thumb ridge
97	What could you tell someone who was interested in Tae Kwon-Do about the TAGB?	The TAGB is the largest organisation of its type in Europe with over 450 clubs and around 20,000 members. It has over 20 years experience as an organisation run with the expertise of a long standing committee. The instructors are all experienced who use a carefully worked out syllabus. It

		is a non-political organisation and in 1988 was a founder of the British Tae Kwon-Do Council.
98	What was the largest of the three kingdoms of Korea?	Koguryo
99	What is the difference between the side punch performed in Won Hyo (third move) and in Hwa Rang (fifth move)?	In Won Hyo it is performed in fixed stance moving only the front foot with a bosy shift (milagi). In Hwa Rang it is performed in fixed stance while sliding both feet forward (mikulgi)
100	What is the Korean for 'Tenet'?	Jungshin
101	What are the tenets of Tae Kwon-Do in Korean?	Courtesy = Ye Ui Integrity = Yom chi Perserverance = In nae Self control = Guk Gi Indomitable spirit = Baekjul Boolgool
102	What impact has Tae Kwon-Do had on your life?	Personal view on TKD
103	What does being a black belt mean to you?	Personal view on TKD
104	How would you say you have changed since your last grading?	Personal view on TKD
105	What is the difference between an inward block and an inside block?	Inward block refers to the direction of travel of the block from the outside towards the centre of the defenders body. Inside block refers to the part of the opponents body that is blocked i.e. the block connects with the inside of the opponents arm or leg.
106	Why might you use knife hand to block rather than a forearm?	Using a knife hand block allows the defender to follow up the block with a grab if necessary. The force of a block is also applied to a very small area, allowing the defender to injure the opponent
107	Is 4 directional punch 'saju jirugi' a pattern?	No, it is an exercise, not a pattern
108	Which kicks can use the instep as a striking tool?	Turning kick = Dollyo chagi Front kick = Ap chagi Twisting kick = Bituro chagi 45 degree kick = Beet chagi
109	Name the following parts of the arm in Korean (the examiner will demonstrate)	Fore fist = Ap joomuk Side fist = Yop joomuk Back fist = Dung joomuk Palm = Sonbadak Knife hand = Sonkal Finger tip = Sonkut

		<p>Fore knuckle fist = Inji joomuk Middle knuckle fist = Joongji joomuk Thumb knuckle fist = Umji joomuk Inner forearm = An palmok Outer forearm = Bakat palmok Back forearm = Dung palmok Under forearm = Mit palmok Elbow = Palkup</p>
110	What is the difference between side piercing kick and side thrusting kick?	Side piercing kick uses the foot sword as the striking tool and side thrusting kick uses the ball of the foot
111	What is the Korean term for wrist release?	Jappysol tae
112	What is the difference between WTF and ITF style Tae Kwon-Do?	<p>WTF (World Taekwondo Federation) style TKD concentrates on the sport side of Tae Kwon Do and is recognised as an Olympic sport. Competitors wear chest protectors but no gloves and sparring is full contact with no punches allowed to the head. The WTF is actively supported by the South Korean government. ITF (International Tae Kwon Do Federation) style TKD concentrates on the self defence aspect of Tae Kwon Do. Competition sparring is semi-contact with punches and kicks allowed to the head and body and competitors wear both gloves and feet padding. Until recently the ITF was actively supported by the North Korean Government. TAGB style TKD is very similar to ITF but the TAGB is an independent martial art organisation.</p>
113	What is the difference between turning punch 'dollyo jirugi' and angle punch 'giokja jirugi'?	In turning punch the fist finishes in line with the centre of the body and in angle punch the fist finishes in line with the opposite shoulder.
114	What is the significance of the colours in the Tae Kwon Do International logo?	The colours white, yellow, green, blue, red and black represent all of the belt colours in Tae Kwon Do, which are based on the colours used in ancient Korea to indicate rank and status
115	What is the Korean term for wedging block and what is its use?	Hechyo Makgi. This block is used to defend against twin vertical punch or an opponent attempting to grab the throat with both hands
116	When might you use crescent kick?	Bandal chagi uses the foot to block an attack and can be used if the arms are injured or if the opponent is further away.
117	What is the Korean term for master and who can use this title?	Sahyun. Black belts ranked 7 th & 8 th Dan are entitled to use this title in recognition of their extensive knowledge and experience of Tae Kwon Do.

118	What is 'sonbadak noollo makgi' used for?	Palm pressing block is used to check a low section front kick. This block is always accompanied by a palm upward block used to defend against a middle punch. It is often performed in patterns as a conditioning exercise i.e. as a slow motion movement.
119	What is Confucianism?	Confucianism is the ethical system of the Chinese philosopher, Confucius who was born in approximately 552 BC. It is not a religion that is based on the worship of a supernatural power, more a collection of teachings emphasising devotion to the family, morality and the proper exercise of political power.
120	What is Neo-Confucianism?	Neo-Confucianism was developed in China around the 11 th Century AD and is essentially a reinterpretation of Confucian teachings to incorporate metaphysical aspects i.e. the nature of reality and mains relationship with the universe. The most noted exponent of Neo Confucianism was the 12 th Century Chinese