

TAE KWON-DO

THEORY TEST



TAE KWON-DO THEORY TEST

A) The History of Tae Kwon-Do

1. What does Tae kwon Do mean?

Tae Kwon-Do is a version of an ancient form of unarmed combat, practised for many centuries in the orient. Tae Kwon-Do became perfected in its present form in Korea. Translated from Korean, Tae literally means to jump, kick or smash with the foot. Kwon means a fist, to punch or destroy with the fist. Do means art, way or method.

2. What are the tenets of Tae Kwon-Do?

Courtesy, Integrity, Perseverance, Self Control, Indomitable Spirit.

3. If you had to choose a sixth tenet, what would it be and why? (Example Below)

Loyalty or humility or one you would prefer.

4. Where and on what date was Tae Kwon-Do inaugurated?

In South Korea on Monday the 11th April 1955

5. Who was the founder of Tae Kwon-Do?

Major General Choi Hong Hi

6. When did he die?

Saturday 15th June 2002

7. When was Tae Kwon-Do introduced into the UK?

1967 by Master Rhee Ki Ha

8. What does T.A.G.B stand for?

Tae kwon-Do Association of Great Britain

9. When was the T.A.G.B formed?

1983

10. Who are the chairman and vice chairman of the T.A.G.B?

Master David Oliver (ch) and Master Michael Dew (v-ch)

11. What worldwide organisation is the T.A.G.B a member of?

Tae kwon-Do International

12. When was Tae Kwon-Do International Inaugurated?

Saturday 13th November 1993

13. What does BTC stand for?

British Tae Kwon-Do Council

14. When was the BTC formed?

Thursday 21st April 1988

15. What is the purpose of the BTC?

It is the governing body for Tae Kwon-Do in the UK. It incorporates numerous different organisations and is the only governing body recognised by the UK sports council.

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B) Colour and Belts

Which belt signifies?

1. **Heaven**

Blue

2. **Earth**

Yellow

3. **Plants growth**

Green

4. **Danger**

Red

5. **Innocence**

White

6. **What does Black Belt mean?**

Opposite to white, therefore signifying maturity and proficiency in Tae kwon-Do. It also indicates the wearer's imperviousness to darkness and fear.

7. **Why is there black edging on a black belt dobok?**

The piping on a black belt dobok is 3cm in width and is symbolic of the royal family and members of the aristocratic houses of the Koguryo, Baek Je and Silla dynasty's.

The dobok is sometimes described as consisting of three 'levels' the top representing heaven, the belt representing humans and the trousers representing the earth.

The colours of black, blue and red denote the levels of hierarchy during the Koguryo, Baek Je and Silla dynasty's.

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C) Targets (in English)

1. Name four High section targets (Nopunde)

Eyes, Throat, Jaw, Temple

2. Name four Mid section targets (Kaunde)

Solar plexus, Heart, Stomach, Spinal cord

3. Name four low sections targets (Nojunde)

Groin, Knee, Shin, Ankle

4. Why is the philtrum such a dangerous target?

If a blow is delivered in such a way it can cause serious breathing difficulties, and in some cases a blow can also push the bone up into the brain causing death.

D) In Korean

1. What is the term for handparts?

Sangbansin

2. Name six handparts (Examples below)

Bandal Son (archand), Joomuk (forefist), Sonbadak (palm heal), Sonkut (fingertips), Dung Joomuk (back fist), Yop Joomuk (side fist)

3. What is the term for Forearm?

Palmok

4. Name two Forearm parts

An Palmok (inner forearm), Bakat Palmok (outer forearm)

5. What is the term for footparts?

Hanbansin

6. Name four parts of the foot (Examples below)

Ap Kumchi, (ball of the foot) Dwit Kumchi (back sole), Dwit Chook (back heal), Balkal (foot sword)

7. Name two elbow strikes (Examples below)

Wi Palkup Taerigi (upper elbow strike) Dwit Palkup Taerigi (back elbow strike)

8. Name three spear finger thrusts

Opun Sunkut (high flat fingertip), Son Sonkut Tulgi (straight spear fingertip), Dwijibun Sonkut (upset fingertips)

9. Name ten kicks (Examples below)

Dwit Chagi (back kick), Yop Chagi (side kick), Dollyo Chagi (turning kick), Ap Chagi (front kick), Golcho Chagi (hooking kick), Bituro Chagi (twisting kick), Twimyo Chagi (flying kick), Badae Dollyo Chagi (reverse turning kick), Ap Cha Milgi (front pushing kick), Doro Chagi (waving kick)

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10. Name two parts of the foot used for turning kick

Ap Kumchi (ball of the foot - traditional), Baldung (instep - sparring)

11. Name two parts of the foot used for hooking kick

Dwit Chook (back heel - traditional), Dwit Kumchi (back sole - sparring)

12. Name ten blocks and which part/s of the body they use (Examples below)

- Dollimyo makgi (circular block) = inner forearm
- Naeryo makgi (downward block) = outer forearm
- Nojunde bakat palmok makgi (low section outer forearm block) = outer forearm
- Chookyo makgi (rising block) = outer forearm
- Sonbadak miro makgi (palm pushing block) = palm
- Digutja makgi (U shaped block) = arc hand (reverse knifehand)
- Hechyo makgi (wedging block) = outer forearms
- Sonkal daebi makgi (knifehand guarding block) = knifehand
- Doo palmok makgi (double forearm block) = inner forearm
- Sonbadak ollyo makgi (upward palm block) = palm
- Hori makgi (waist block) = inner or outer forearm
- An palmok makgi (inner forearm block) = inner forearm

13. Name eight different stances (Examples below)

- Charyot sogi = attention stance
- Moa chunbi sogi = closed ready stance
- Narani sogi = parallel stance
- Niunja sogi = 'L' stance
- Gojong sogi = fixed stance
- Annun sogi = sitting stance
- Soojik sogi = vertical stance
- Wae bal sogi = one legged stance

E) Patterns and Set Sparring

1. 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.

2. How many Tae kwon-Do patterns are there?

24 – as there are 24 hours in a day

3. Why do we perform patterns?

We perform patterns to improve our Tae Kwon-Do techniques, to develop sparring techniques, to improve flexibility of movement, master body shifting, develop muscles and balance and breathe control. Patterns also enable us to acquire techniques that cannot be obtained from other forms of training.

4. Why do we learn the meaning of patterns?

The patterns are named after famous people in Korean history. By learning the Meaning of each pattern we can draw inspiration from actions and deeds.

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5. Name all the patterns you know, the number of moves in each.

Chon-Ji	19
Dan Gun	21
Do San	24
Won Hyo	28
Yul Gok	38
Joong Gun	32
Toi Gye	37
Hwa Rang	29
Choong Moo	30
Kwang Gae	39
Po-Eun	36
Ge-Beak	44
Eui-Am	45
Choong Jang	52
Ko Dang	39
Sam-Il	33
Yoo-Sin	68
Choi-Yong	46
Ul Ji	42
Tong Il	56
Se Jong	24
Moon Moo	61
So San	72
Yon Gae	49

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6. Name the six forms of sparring we do

- 3 step
- 2 step
- 1 step
- 3 step semi free sparring
- One for One sparring
- Free sparring

7. Name three of these in Korean

- Sambo Matsoki = 3 step sparring
- Ibo Matsoki = 2step sparring
- Ilbo Matsoki = 1 step sparring
- Ban Jayoo Matsoki = 3 step semi free sparring
- Jayoo Matsoki = Free sparring

8. Why do we do one for one sparring?

To make the students reflexes faster, as the attack cannot be seen coming. To build up the student's stamina. The techniques should be crisp and well executed.

9. Why do we do 3 step sparring?

3 step sparring teaches the student many things, forearm conditioning, correct stances, correct facing, focus, correct blocks, counter attacks, and timing.

10. Why do we do 3 step semi free sparring?

It is designed as a step forward from basic 3 step sparring and involves 3 consecutive attacks (hand or feet) and 3 blocks or evasions, plus a counterattack. 3 step semi free sparring is performed at a slightly faster pace than 3 step sparring.

F) Philosophical Questions

(Your interpretation of the questions 1 & 2)

1. Why do you do Tae Kwon-Do? (Below is an example)

To enhance my fitness. To give me confidence in mental and physical situations, to be able to walk away from confrontations. To make me a better person in mind and body.

2. Why do you want to become a Black Belt? (Below is an example)

To prove to myself I can do it. Once I am a black belt to be able to assist my instructor to enable grades lower than myself to achieve black belt status. To become a fair and competent referee and umpire in local, national, and international events.

3. How many colour belt patterns end in an attack?

5

- Chon Ji
- Dan Gun
- Do San
- Toi Gye
- Choong Moo

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4. How many colour belt patterns contain a backfist strike?

5

- Do San
- Yul Gok
- Joong Gun
- Toi Gye
- Choong Moo

5. Name the colour belt patterns that contain release moves

- Do San
- Joong Gun
- Hwa Rang

6. What is the difference between the jump in Yul Gok and Toi Gye?

The jump in Yul Gok is for distance - to close the gap between yourself and the opponent.
The jump in Toi Gye is to avoid a sweeping attack from your opponent, this might be in the form of a kick to sweep your legs from under you or an attack from a weapon designed to injure your legs

7. What is the difference between move number 6 in Won Hyo and Hwa Rang?

The difference is in Hwa Rang you slide to position 6.

8. What are the three kingdoms of Korea?

- Silla
- Beck Je
- Koguryo

9. What do you give back to Tae Kwon-Do? (Example below)

Assist my instructor in the Dojang, assist junior students in their patterns and sparring.

10. What is the difference between a strike and a thrust?

A strike is to injure or immobilize an opponent; a thrust is to push away an opponent and to diffuse a potential dangerous and difficult situation.

A strike is predominately a circular motion.

A thrust is a straight motion.

11. What is the difference between self-discipline and self-control? (Example below)

An interpretation of self-discipline is always to be polite and courteous to all Instructors, and fellow students. To set myself targets and to achieve them. To always be on time for training and gradings.

An interpretation of self control is always to be in control of my physical behaviour wherever I am. To be in control of my actions when I'm training in the dojang and when I am out in public.

The difference is one of mind over matter, mental over physical. If your mind and body is disciplined correctly then you will have self-control.

12. What date did you start Tae Kwon-Do?

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Pattern Meanings

Coloured Belt

CHON-JI means Literally the "Heaven and Earth". It is, in the Orient interpreted as the creation of the world, or the beginning of human history. Therefore, it is the initial pattern played by the beginner. This pattern consists of two similar parts - one to represent Heaven and the other the Earth.
Number of moves 19.

DAN GUN is named after the Holy Dan Gun, the legendary founder of Korea in the year 2333 B.C.
Number of moves 21.

DO SAN is the pseudonym of the patriot Ahn Ch'ang Ho (1876-1938) who devoted his life to furthering the education of Korea and its independent movement.
Number of moves 24.

WHO-HYO was the noted monk who introduced Buddhism in the Silla dynasty in the year 686 A.D.
Number of moves 28.

YUL GOK is the pseudonym of a great philosopher and scholar Yi I (1536-1584 A.D.) nicknamed the "Confucius of Korea". The 38 movements refer to his birthplace on 38 degree latitude and the diagram represents the scholar.

JOONG GUN is named after the patriot An Joong-Gun who assassinated Hiro Bumi Ito, the Japanese governor general of Korea, known as the man who played the leading part of the Korea-Japan merger. There are thirty-two movements in this pattern to represent Mr. An's age when he was executed in the Lui-Shung prison (1910).

TOI-GYE is the penname of the noted scholar Yi Hwang (16 Century A.D.) an authority on neo-Confucianism. The 37 movements of the pattern refer to his birthplace on the 37 degree latitude, the diagram represents the scholar.

HWA RANG is named after the Hwa Rang Youth Group which originated in the Silla Dynasty about 600 A.D. 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 maturity.

CHOONG-MOO was the given name of the great Admiral Yi Sun-Sin of the Yi dynasty. He was reputed to have invented the first armoured battleship (Kobukson) which was the precursor of the present-day submarine in 1592 A.D. The reason why this pattern ends up with a left-hand attack is to symbolise his regrettable death having no chance to show his unrestrained potentiality checked by the forced reservation of this loyalty to the King.
Number of moves 30.

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1st Dan

KWANG-GAE is named after the famous Kwang-Gae-Toh-Wang, the 19th King of the Koguryo Dynasty, who regained all the lost territories including the greater part of Manchuria. The diagram represents the expansion and recovery of lost territory. The 39 movements refer to the first two figures of 391 A. D., the year he came to the throne, and his reign for 39 years.

PO-EUN is the pseudonym of a loyal subject Chong Mong-Chu (1400) who was a famous poet and whose poem "I would not serve a second master though I might be crucified a hundred times" is known to every Korean. He was also a pioneer in the field of physics. The diagram represents his unerring loyalty to the king and country towards the end of the Koryo Dynasty.

GE-BAEK is named after Ge-Baek, a great general in the Baek Je Dynasty (660 AD). The diagram represents his severe and strict military discipline.

2nd Dan

EUI-AM is the pseudonym of Son Byong Hi, leader of the Korean independence movement on March 1, 1919. The 45 movements refer to his age when he changed the name of Dong Hak (Oriental culture) to Chondo Kyo (Heavenly way religion) in 1905. The diagram represents his Indomitable Spirit, displayed while dedicating himself to the prosperity of his nation.

CHOONG-JANG is the pseudonym given to General Kim Duk Ryang who lived during the Yi Dynasty, 14th century. This pattern ends with a left-hand attack to symbolize the tragedy of his death at 27 in prison before he was able to reach full maturity.

KO-DANG is the pseudonym of the patriot Cho Man Sik who dedicated his life to the independence movement and education of his people. The 39 movements signify his times of imprisonment and his birthplace on the 39th parallel.

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3rd Dan

SAM-IL denotes the historical date of the independence movement of Korea which began throughout the country on March 1, 1919. The 33 movements in the pattern stand for the 33 patriots who planned the movement.

YOO-SIN is named after General Kim Yoo Sin, a commanding general during the Silla Dynasty. The 68 movements refer to the last two figures of 668 A.D., the year Korea was united. The ready posture signifies a sword drawn on the right rather than left side, symbolizing Yoo Sin's mistake of following his Kings' orders to fight with foreign forces against his own nation.

CHOI-YONG is named after General Choi Yong, premier and commander in chief of the armed forces during the 14th century Koryo Dynasty. Choi Yong was greatly respected for his loyalty, patriotism, and humility. He was executed by his subordinate commanders headed by general Yi Sung Gae, who later became the first King of the Yi Dynasty.

4th Dan

TONG-IL denotes the resolution of the unification of Korea which has been divided since 1945. The diagram symbolizes the homogenous race.

UL-JI is named after general Ul-Ji Moon Dok who successfully defended Korea against a Tang's invasion force of nearly one million soldiers led by Yang Je in 612 A.D., Ul-Ji employing hit and run guerilla tactics, was able to decimate a large percentage of the force. The diagram represents his surname. The 42 movements represent the author's age when he designed the pattern.

SE-JONG is named after the greatest Korean King, Se-Jong, who invented the Korean alphabet in 1443, and was also a noted meteorologist. The diagram represents the king, while the 24 movements refer to the 24 letters of the Korean alphabet

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5th Dan

MOON-MOO honours the 30th King of the Silla Dynasty. His body was buried near Dae Wang Am (Great King's Rock). According to his will, the body was placed in the sea "where my soul shall forever defend my land against the Japanese." It is said that the Sok Gul Am (Stone cave) was built to guard his tomb. The Sok Gul Am is a fine example of the culture of the Silla Dynasty. The 61 movements in this pattern symbolize the last two figures of 661 A.D. when Moon Moo came to the throne.

Number of moves 61.

SO-SAN is the pseudonym of the great monk Choi Hyong Ung (1520-1604) during the Lee Dynasty. The 72 movements refer to his age when he organized a corps of monk soldiers with the assistance of his pupil Sa Myunh Dang. The monk soldiers helped repulse the Japanese pirates who overran most of the Korean peninsula in 1592.

YON-GAE is named after a famous general during the Koguryo Dynasty, Yon Gae Somoon. The 49 movements refer to the last two figures of 649 A.D., the year he forced the Tang Dynasty to quit Korea after destroying nearly 300,000 of their troops at Ansi Sung