

Black Belt Questions

PART A

1. What is the difference between a thrust and a strike?
 - Punches and strikes are used against hard and soft targets. Their aim is to smash, pierce or penetrate. This can be achieved by focusing the breathing and the other elements of power to the end of the technique. Both techniques accelerate in a relaxed manner throughout the execution, resulting in a dynamic twist with tension.
 - Thrusts can only be used against soft targets. They reach the target under tension and at a constant speed after their initial acceleration, exhaling throughout. This means they're effective anywhere on that line.

2. How many colour belt patterns have a release in them?
 - Three
 - Do San has one after the thrust
 - Joong Gun has one after the backfist
 - Hwa Rang has one at the same time as the side kick

3. How many colour belt patterns have a backfist strike in them?
 - Five
 - Do San, Yul Gok, Joong Gun, Toi Gye and Choong Moo

4. How many colour belt patterns have a fingertip thrust in them?
 - Six
 - Do San, Won Hyo, Yul Gok, Toi Gye, Hwa Rang and Choong Moo

5. How many colour belt patterns have a bending ready stance in them?
 - Three
 - Won Hyo, Yul Gok and Choong Moo

6. How many colour belt patterns end with attacks?
 - Five
 - Chon Ji, Dan Gun, Do San, Toi Gye, Choong Moo

7. Describe the theory of power.
 - **Mass**, use a hip twist and knee spring to increase your body weight.
 - **Equilibrium**, use your reaction arm for dynamic stability and keep your body in balance.
 - **Reaction Force**, use your opponent's force and strike when they move in.
 - **Breath Control**, tense your abdomen to breath out on impact.
 - **Concentration**, direct power to a small point and add tension to a split second.
 - **Speed**, the most essential factor for power, however all the other factors contribute.

8. What is the Korean word for 'breaking'?
 - Gyopka

9. What is consecutive kicking and combination kicking?
 - Consecutive kicking (yonsok chagi) is several kicks without lowering the leg.
 - Combination kicking (honap chagi) is combining several kicks together, this can also be considered as multiple kicks whilst jumping or flying.

10. Name three kicks that use the heel
 - Downward kick (naeryo chagi)
 - Reverse turning kick (bandae dollyo chagi)
 - Reverse hooking kick (bandae goro chagi)

11. Name four kicks that can use the instep
 - Turning kick, front kick, twisting kick and 45 kick

12. Name five vital spots of the upper body
 - Temple, chin, philtrum, cheeks, eyes

13. Name five vital spots of the middle section
 - Solar plexus, sternum (chest), floating ribs, stomach, kidneys

14. Name five vital spots of the lower body
 - Groin, knee, instep, ankle, shin

15. Why do we twist at the end of a technique?
 - To generate speed and to maximise the damage at the point of impact.

16. What is the meaning of 'Hwa Rang'? And describe the Hwa Rang youth group.
 - Hwa Rang is named after the Hwa Rang youth group which originated in the Silla Dynasty around 600 AD. 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 Taekwondo developed into maturity.
 - The Hwa Rang group were male youths from the Silla Dynasty who attended social clubs and educational institutions to obtain knowledge, culture, religious and moral ethics. 'Flowering Youth' is one translation with reference to the blooming of the youths into men.
 - The Hwa Rang group developed into a military focussed organisation and battled to unite the three kingdoms of Korea into a single entity. Skills involved horsemanship, swordsmanship, archery, stone throwing and ladder climbing.

17. How many people are on the TAGB committee and who are they?

- Eight
 - Chairmen: David Oliver
 - Vice Chairman: Michael Dew
 - Treasurer: Ron Sergiew
 - National Secretary: Don Atkins
 - National Coach: Kenny Walton
 - Liaison Officer: Paul Donnelly
 - Area Representatives: Brian Towndrow and Gianni Peros

18. When and where was Taekwondo inaugurated?

- 11th April 1955 in Seoul (pronounced 'Soul'), Korea

19. When did Taekwondo arrive in the UK and who by?

- Taekwondo arrived in the UK in 1967 and it was introduced by Grandmaster Rhee Ki Ha.

20. When and who by, was the TAGB formed and what is it?

- The Taekwondo Association of Great Britain was formed in August of 1983 by the current members of the committee and it's the largest and most successful taekwondo organisation in Britain.

21. When was the BTC formed and what is their role?

- The British Taekwondo Council was formed on the 21st of April 1988 as a governing body of Taekwondo for Great Britain. This body is not tied to a specific organisation and is designed to further Taekwondo in all forms. This is the only body to be recognised by the sports council.

22. When was TI formed and what is it?

- Taekwondo International was formed on the 13th November 1993 and it's one of the largest worldwide governing bodies for Taekwondo. It's a non-political organisation and its aims are to unite Taekwondo practitioners worldwide.

23. When would you use your toes, when performing a kick?

- When you are wearing shoes, this restricts movement of the feet and also offers some protection.

24. What is the difference between Dwit and Dung?

- Both mean 'back' but Dwit generally refers to direction whereas Dung is typically a body part.

25. Name all the pattern meanings and understand the significance of the events surrounding them.

- **10th Kup White Belt - Saju Jirugi - 14 Movements**
 - Saju Jirugi is a four-directional punch performed both clockwise and anti-clockwise. Saju Jirugi is technically not a pattern and therefore has no meaning.

- **9th Kup Yellow Tag - Chon Ji - 19 Movements**
 - Chon Ji means literally 'heaven and earth'. It is in the orient, interpreted as the creation of the world or the beginning of human history and therefore it is the initial pattern practiced by the beginner. This pattern has two similar parts, one to represent the heaven and the other, the earth.

- **8th Kup Yellow Belt - Dan Gun - 21 Movements**
 - Dan Gun is named after the holy Dan Gun, the legendary founder of Korea in the year 2333 BC.

- **7th Kup Green Tag - Do San - 24 Movements**
 - Do San is the pseudonym of the patriot Ahn Chang-Ho (1876-1938). The 24 movements of this pattern represent his entire life, which he devoted to furthering the education of Korea and its independent movement.

- **6th Kup Green Belt - Won Hyo - 28 Movements**
 - Won Hyo was the noted monk who introduced Buddhism to the Silla Dynasty in the year 686 AD.

- **5th Kup Blue Tag - Yul Gok - 38 Movements**
 - Yul Gok is the pseudonym of a great philosopher and scholar Yi I (1536-1584) nicknamed the 'confucius of Korea'. The 38 Movements of this pattern refer to his birthplace on 38 degrees latitude and the diagram represents 'scholar'.

- **4th Kup Blue Belt - Joong Gun - 32 Movements**
 - Joong Gun is named after the patriot Ahn Joong Gun who assassinated Hiro Bumi Ito, the first Japanese Governor General of Korea, known as the man who played the leading part in the Korea-Japan merger. There are 32 Movements in this pattern to represent Mr Ahn's age when he was executed at Lui-Shung prison in 1910.

- **3rd Kup Red Tag - Toi Gye - 37 Movements**
 - Toi Gye is the pen name of the noted scholar Yi Hwang (16th AD), an authority on Neo-Confucianism. The 37 Movements of this pattern refer to his birthplace of 37 degrees latitude and the diagram represents 'scholar'.

- **2nd Kup Red Belt - Hwa Rang - 29 Movements**
 - Hwa Rang is named after the Hwa Rang youth group which originated in the Silla Dynasty around 600 AD. 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 Taekwondo developed into maturity.

- **1st Kup Black Tag - Choong Moo - 30 Movements**
 - Choong Moo was given the name to 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 to the present day submarine in 1592 AD. 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 his loyalty to the king.