

### **White Belt – Yellow stripe theory**

What does white belt signify? **White belt signifies innocence, having no previous knowledge of Tae Kwon Do.**

What do the words Tae Kwon Do mean? **Foot, Hand and Art.**

What are the five tenants? **Courtesy – integrity – perseverance – self-control – indomitable spirit**

Count to 5 in korean: **one hanna, two dool, three set, four net, five dasaul.**

What is Korean for walking stance? – describe the stance.

**Gunnon sogi - (1 ½ shoulders long, 1 wide – 50/50 weight distribution)**

### **Yellow stripe – Yellow belt theory**

What do the words Tae Kwon Do mean? **Foot, Hand and Art.**

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Count to 10 in korean: **1 hanna, 2 dool, 3 set, 4 net, 5 dasaul. 6 yosaul, 7 illgop, 8 yodoll, 9 Ahop 10 Yoll**

What is Korean for walking stance? – describe the stance.

**Gunnon sogi - (1 ½ shoulders long, 1 wide – 50/50 weight distribution)**

What is Korean for L stance? – describe the stance.

**Niunja sogi (1 ½ shoulders long, 1 wide – 70/30 weight distribution)**

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What is the meaning of pattern Chon-Ji? **Chon-Ji means "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 Earth.**

How many movements in the pattern Chon-Ji? **19**

### **Yellow belt – Green stripe theory**

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What are the five tenants? **Courtesy – integrity – perseverance – self-control – indomitable spirit**

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How many movements in the pattern Dan Gun? **21**

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

Why do we practise 3 step sparring? **3 step sparring is designed for the beginner to learn the basic techniques. Three step sparring teaches: proper distance, correct facing, forearm conditioning, correct blocks, correct stances, counter attacks and timing.**

## Green stripe – Green belt theory

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Count to 10 in Korean: **1 hanna, 2 dool, 3 set, 4 net, 5 dasaul, 6 yosaul, 7 illgop, 8 yodoll, 9 Ahop 10 Yoll**

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Why do we do 3 step semi free sparring? **This form of sparring is designed as a step forward from the basic 3 step sparring. It involves 3 attacks and 3 blocks, plus a counter attack. (3 step semi-free sparring should not be hurried, the secret is reaction force and quick intelligent movements).**

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How many movements in the pattern Dan Gun? **21**

How many movements in the pattern Do San? **24 movements**

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## Green belt – Blue stripe theory

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

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How many movements in the pattern Dan Gun? **21**

How many movements in the pattern Do San? **24**

How many movements in the pattern Won Hyo? **28**

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What is the meaning of the pattern Won Hyo? **Won Hyo was the noted monk who introduced Buddhism to the Silla Dynasty in the year 686 A.D.**

## **Blue stripe – Blue belt theory**

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How many movements in the pattern Won Hyo? **28**

How many movements in the pattern Yul Gok? **38**

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What is the meaning of the pattern Yul Gok? **Yul Gok is the pseudonym of the great philosopher and scholar Yi I (1536-1584 AD), nicknamed "Confucius of Korea". The movements of the pattern refer to his birthplace on the 38<sup>th</sup> degree latitude and the diagram of the pattern represents scholar.**

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What does red belt signify? **Red belt signifies danger, cautioning the students to exercise control and warning the opponent to stay away.**

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What is the meaning of the pattern Joong Gun? **Joong Gun is named after the patriot An Joong Gun who assassinated Hiro Bumi Ito, the first Japanese governor-general of Korea. The 32 movements in the pattern represents Mr An's age when he was executed in Lui-Shung prison in 1910.**

## **Red stripe – Red belt theory**

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How many movements in the pattern Toi Gye? **37**

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What does black belt signify? **Black belt is the opposite of white, therefore signifying maturity and proficiency in Tae Kwon Do. Also indicates the wearer's imperviousness to darkness & fear.**

How many movements in the pattern Chon-Ji? **19**

How many movements in the pattern Dan Gun? **21**

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How many movements are in the pattern Hwa Rang? **29**

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What is the meaning of the pattern Hwa Rang? **Hwa Rang means "flowering youth" and is named after the Hwa Rang youth group which originated in the Silla Dynasty around 600AD. This group eventually became the actual driving force for the unification of the three kingdoms of Korea. The 29 movements refer to the 29<sup>th</sup> Infantry Division, where Tae Kwon Do developed into maturity.**

## **Black stripe – 1<sup>st</sup> Dan theory**

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How many movements are in the pattern Hwa Rang? **29**

**How many movements in the pattern Choong Moo? 30**

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**What is the meaning of the pattern Choong Moo? Choong Moo was the name given 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 of the present day submarine, in 1952 AD.**

**The reason why this pattern ends 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.**