

Blue Belts

LINE WORK FOR 4TH KUPS

FWD – FRONT KICK TURNING KICK COMBINATION LAND IN L-STANCE KNIFE HAND STRIKE REVERSE PUNCH KIAP PULL BACK TO GUARD

BWD – COMBINATION FROM JOON-GUN KNIFE HAND GUARDING BLOCK UPPER ELBOW STRIKE

FWD – FRONT KICK LAND IN WALKING STANCE WITH TWIN VERTICAL PUNCH

BWD – L-STANCE DOWNWARDS BLOCK REVERSE PUNCH KIAP PULL BACK TO GUARD

FWD – CRESCENT KICK BACK KICK COMBINATION LAND IN L-STANCE WITH GUARDING BLOCK

BWD – JOON-GUN COMBINATION BACK FIST/RELEASE/REVERSE PUNCH

PATTERN – STUDENTS CHOICE

PATTERN – EXAMINERS CHOICE

PATTERN – EXAMINERS CHOICE

PATTERN – JOON-GUN

2 STEP SPARING No 5-8, JUNIORS No 3-4

1 STEP SPARING – BASIC - 2 SIMPLE EFFECTIVE COMBINATIONS

PAD WORK – TURNING KICK USING INSTEP BOTH LEGS, STEP THROUGH SIDE KICK USING FOOT SWORD BOTH LEGS

FREE SPARING – HANDS ONLY

FREE SPARING – LEGS ONLY

FREE SPARING – NORMAL

THEORY

TYPICAL THEORY FOR 4TH KUPS

Theory for your 4th Kup grading typically consists of 3 more questions relating to the training that you have done so far

THE MOST COMMON QUESTIONS ARE:-

What is the meaning of your pattern and how many movements does it have?

Joong gun 32 moves. This pattern 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-Japn merger. There are 32 movements in this pattern to represent Mr. Ahn’s age when he was executed in the Lui-Shung prison in 1910.

Ahn Joong Gun was trained from an early age in Chinese, horsemanship & archery. After the protectorate treaty was signed in 1905 (giving the Japanese almost ultimate control over the Korean government & people) Joong Gun fled Korea in disgust. Based in Vladivostok he set up a volunteer army & fought his way back into Korea with sporadic guerrilla raids. On 26 October 1909, disguised as a Japanese, he made his way to the platform of the Harbin railway station where he shot & killed the Japanese Resident-General of Korea, Prince Hiro-Bumi Ito. He was immediately arrested & was imprisoned & tortured at the Lui-Shung (Port Arthur) prison. During his imprisonment Joong Gun left his indelible mark on the wall of his prison cell with a single line of calligraphy (written in his own blood, after cutting off a finger) that showed his love for his country. It simply said; “The best rivers and mountains”.

Explain what is happening on the first 3 movements of your pattern?

Knife hand block stopping a punch or kick. Snap kick to the shin. And palm upward block to deflect a punch.

What is the difference between 3 step and 2 step and 1 step sparring?

The amount of stepes. 1 Step sparring is a more realistic form of attack. 3 step sparring focuses on getting your distance, timing and focus.

Give a brief history of Tae Kwon-Do

While the practice of martial arts has ancient roots in Korea, the naming and systemization of Taekwondo occurred relatively recently, and the Olympic sparring rules are being revised even today.

As far back as the Silla Dynasty (668AD – 935AD), Chinese Chuan Fa techniques were used to train Korean warriors. These techniques evolved to become the empty hand art of Subak, which was standardised during the Goryeo Dynasty (935AD – 1392 AD). During the early Joseon Dynasty (1393 – 1910), Subak was divided into Taekyon (a striking art) and Yusul (a grappling art). Through the years, however, Yusul was practiced with decreasing frequency and, eventually, only the Taekyon aspect of Subak remained, facing extinction.

In the late 18th century, King Chongjo ordered the compilation of the Muye Dobo Tongji, an official martial arts text which identified many disciplines, including the empty-hand Kwonbup (transliteration of Chinese Chuan Fa, from which Subak wa derived). Taekyon survived during the last part of the Chosun Dynasty via the secret practice of certain Korean families and street gangs.

This Taekwondo practitioner performs a side kick to break boards. During the Japanese occupation of Korea (1910-1945), many Koreans were exposed to Japanese versions of Chinese martial arts such as karate. As the Japanese moved deeper into the continent, karate was adopted and mixed with more traditional Korean martial arts such as Taekyon, as well as traditional Chinese martial arts studied by Korean in Manchuria and China.

Upon the liberation of Korea in 1945, various martial arts schools formed, including Chongdokwan, Yonmukwan, Changmukwan, Odokwan, and Mudokkwan. General Choi Hong Hi, generally considered the father of modern Taekwondo, taught a combination of Karate and Taekyon to his soldiers.

In 1955, these arts, at that time called various names by the different schools, were ordered to unify by South Korea's President Syngman Rhee. A government body selected Choi's submission of "Taekwondo" as the name. Taekwondo incorporated more native Korean martial art styles, including difficult kicks from Taekyon in a modified linear form.

In 1959, the Korean Taekwondo Association (KTA) was formed, with General Choi as president. This year also marked the first international tour of Taekwondo, by General Choi and 19 black belts.

In 1960, Jhoon Rhee was teaching what he called Korean Karate (or Tang Soo Do) in the United States. After a visit from General Choi Hong Hi, Rhee changed the name of his art to Taekwondo. Rhee is often considered the father of Taekwondo in America.

A goodwill trip to the communist government of North Korea in 1966 caused General Choi to fall out of favour in South Korea. General Choi left for Canada, founding the International Taekwon-Do Federation (ITF) in March of that year, with associations in Vietnam, Malaysia, Singapore, West Germany, the United States, Turkey, Italy, Egypt and Korea. The ITF focused on a more martial style of Taekwondo, complete with tol, or forms, developed by Choi. By 1971, ITF had more than 65 member countries. General Choi died in 2002, in Pyongyang, North Korea.

In 1972, Kukkiwon was founded as the headquarters for Taekwondo in South Korea. In 1973, the World Taekwondo Federation (WTF) was formed by the South Korean government to rival the ITF. It was originally headed by Kim Un-Yong (later a member of the IOC), with participation of 35 delegates from around the world. Kukkiwon-WTF changed its format to focus on Taeguk pumse, sparring, and the competitive aspect of Taekwondo, holding the 1st World Taekwondo Championships in May 1973.

In July 1980, the International Olympic Committee recognised the WTF and, Taekwondo was a demonstration sport at the 1988 Seoul Olympic Games. It has been an Official Olympic event since 2000 Sydney Olympic Games. Taekwondo was admitted to the Asian Games as an official event in 1984. Taekwondo practitioners showing off their techniques.

Taekwondo today can be divided into two main sets; the World Taekwondo Federation (WTF), and the International Taekwon-do Federation (ITF). It is estimated that about 40 million people in about 140 countries practice the martial art according to ITF rules, while more than 50 million in more than 170 countries follow the WTF style, although there is much overlap.

Since the death of its founder, Choi Hong Hi, the ITF has splintered into three major groups, all claiming to be the legitimate ITF. They are: ITF Canada, ITF Austria, and ITF North Korea. The ITF had considerable success in bringing its art to the world in the 1960s, while the WTF succeeded in taking Taekwondo to the Olympic stage. WTF rules have been adopted by the International Olympic Committee, and only WTF-trained students can take part in the Olympic Games.

Another difference is the poomsae, the pre-set, formal sequences of movements. ITF has 24 patterns (called tuls), while WTF schools use the Taeguk poomsae, as well as Kicho, Kibon, Dan, and , in some older schools, Palgwe poomsae. These patterns are also referred to as forms.

Taekwondo is famed for its employment of kicking techniques, which distinguishes it from martial arts such as Karate or certain southern styles of Kung Fu. The rationale is that the leg is the longest and strongest weapon a martial artist has, and kicks thus have the greatest potential to strike without retaliation.

Taekwondo as a sport and exercise is popular with people of both sexes and of many ages. Physically, Taekwondo develops strength, speed, balance, flexibility, and stamina. An example of the union of mental and physical discipline is the breaking of boards, which requires both physical mastery of the technique and the concentration to focus one's strength.

The five tenets of Taekwondo (courtesy, integrity, perseverance, self control, indomitable spirit) reflect that Taekwondo is a mental discipline as well as a physical one. Taekwondo helps students develop improved awareness, confidence, focus, discipline, memory, and respect. Some schools even have student creeds or oaths that describe Taekwondo's goal for personal improvement.

Name 3 different knife hand strikes

Finger tip thrust – Sonkut tulgi

Knife hand strike – Sonkal Taerigi

Reverse knife hand – Sonkal dung

What is the purpose of a pressing block?

Palm pressing block trusts downward to interrupt the opponents technique at an early stage. The opponent punches and kicks simultaneously

Why perform movements in slow motion?

Posture movement

Why are there 24 patterns?

24 hours in a day

What is the Korean for crescent kick and what part of the foot does it use?

Crescent Kick – Bandal Chagi

Foot Sword - Balkal

What does the colour blue signify?

Blue signifies heaven to which the plant grows and your taekwondo knowledge develops.

What is the Korean for 1 step sparring?

Ilbo matsoki

Why bring your fist close to the elbow on a double forearm block?

Protects your elbow and allows you to strengthen the block and the starting position for a waist block to stop a kick.

Remember that these are just examples of questions you might be asked at a grading, a student should have a good knowledge of their theory before going to grade.