

Heart of England ITF Taekwon-do



1st Kup Student Theory

The Theory on these sheets is only a guide as to what you may be asked. You should expect to be asked questions on anything you have learned on your Taekwon-do journey to date. The questions shown below are an example of what may be asked. You are now going for your Black Belt. At this grade you are expected to be able to find your own answers to the questions. If you are really struggling to find answers then talk to your instructor. Your Instructor will be able to give you ideas of what may be asked but each Black Belt grading is different and consequently the questions are different. You need to learn everything from your previous sheets. The Internet is a great resource; make use of it. There are numerous links on the Heart of England website to other resources. Visit www.heartofengland-itf.org.uk.

KOREAN TERMS APPLICABLE TO A RED BELT (1st kup)

PARTS OF THE BODY

Side Instep

DEFENSIVE MOVES

Twin Upward Palm Block

Side X Knifehand Checking Block

OFFENSIVE MOVES

Back Piercing Kick

Twisting Kick

Flying Side Kick

Front Knifehand Strike

Front Reverse Knifehand Strike

PATTERN

30 Moves

SPARRING

Free Sparring

One Step Sparring

Using middle section front punch attacks with any blocking defence & and appropriate counter attacks

PARTS OF THE BODY

YOP BALDUNG

DEFENSIVE MOVES

SANG OLLYO SONBADAK MAKGI
YOP KYOCHA SONKAL MOMCHAU
MAKGI

OFFENSIVE MOVES

DWITCHA JIRUGI

BITURO CHAGI

TWIMYO YOP CHAGI

AP SONKAL TAERIGI

AP SONKAL DUNG TAERIGI

PATTERN

CHOONG-MOO

SPARRING

JAYO MATSOKI

ILBO MATSOKI

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1st Kup Student Theory (cont.d)



Meaning of Black Belt

Black signifies maturity and proficiency in TaeKwon-Do. Also indicates the wearer's imperviousness to darkness and fear.

The Meaning of all the Patterns you have learned to date.

What is Taekwon-Do?

Why do you deserve to be a black belt?

Which tenet most represents you?

Why do you want to be a black belt?

What is your philosophy on Taekwon-Do?

What is the difference between ITF & WTF?

What is the difference between a martial artist and a sports person?

Of the three elements which make up the name Taekwon-do which do you think is the most important; Tae, Kwon or Do?

What do you think your responsibilities will be as a Black Belt?

Meaning of 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 1592 A.D. The reason why this pattern ends in 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.