

Black Belt Questions

PART C

51. What is Taekwondo?

- Taekwondo is a Korean unarmed martial art and a form of self-defense. It's often spoken as 'the art of kicking and punching' or 'the way of the foot and the fist'. It's kicks are notable for their devastating power derived from scientific methods.
- The definition of Taekwondo is:
 - Tae: to jump, fly, kick or smash with the foot
 - Kwon: a fist to punch, or destroy with the hand or fist
 - Do: the art, the way or the method

52. What makes the floating ribs a good middle section target?

- The ribs are only connected at the spine so the front and side are weak.

53. Why is there black trim on the Dobok of a black belt In Ancient Korea?

- The colour black symbolised aristocracy and royalty.

54. What do you know about turning?

- Step turning (omygyo didimyo Dolgi), is when you take a step and pivot on the back foot to turn in any direction (such as the 180 turns we take in Chon Ji).
- Spot turning (gujari dolgi), is when you step your front foot across, pivot and turn 180° on the spot (such as the turn we take near the beginning of Do San).
- Pivot turning (pibeos dolgi), is when both our feet pivot on the ball of the foot to turn (such as the 90° turn we take towards the end of Toi Gye).

55. Name the tenets (Jungshin) in Korean

- Courtesy (Ye Ui)
- Integrity (Yom Chi)
- Perseverance (In Nae)
- Self-Control (Guk Gi)
- Indomitable Spirit (Baekjul Boolgool)

56. Explain the meaning of the tenets

- Courtesy - Respect for oneself and others, especially seniors.
- Integrity - Honour, honesty and knowledge of right and wrong.
- Perseverance - Tenacity is essential to becoming a good student.
- Self-control - Never misuse the art and control your emotions.
- Indomitable Spirit - Holding steadfast against seemingly insurmountable odds.

57. What is the difference between an inward and an inside block?

- An inward block travels from the outside of the blocker's shoulder towards the centre line. An inside block refers to the attacker's arm, any block to the inside of the attacker's arm is an inside block.

58. What is Confucianism and neo Confucianism?

- Confucianism is a moral and ethical system derived by the Chinese philosopher Confucius. Neo Confucianism ('New' Confucianism) was a refinement which moved away from the metaphysical aspects.

59. Give a history of Taekwondo and the TAGB

- Korea once consisted of the three kingdoms, Silla, Koguryo and Baekje. These were later unified by Silla and the Hwa Rang youth group in 668 AD. This was a group of formidable warriors often referred to as 'the Flowering Youth'. They used multiple martial arts like Taekyon and Soo Bak Gi, which is said to have formed the basis for Taekwondo and other arts like Karate.
- In 1909 Japan occupied Korea and martial arts were outlawed. This was a setback for Taekwondo, however a resurgence in popularity enabled the art to become highly successful and gain a place in the Olympics.
- General Choi Hong Hi started developing the art known as Chan Hun in 1946, which was officially inaugurated as Taekwondo in Seoul, Korea on the 11th April 1955. By 1965 it was declared as the national martial art of Korea and in 1967 Grandmaster Rhee Ki Ha introduced it into the UK.
- The TAGB began in August of 1983 as a splinter group from the UKTA, and it is now the largest and most successful Taekwondo organisation in Britain.

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

- In Yul Gok the jump is to cover distance and reach an opponent, whereas in Toi Gye the jump is to gain height over an object.

61. The TAGB is part of one National body and one International body, what are they?

- The national body is the BTC (formed in 1988), the International body is Taekwondo International (formed in 1993).

62. What is the difference between a colour belt and a black belt?

- A colour belt is attempting to attain the skills to pass a grading, whereas a black belt has reached a baseline proficiency in Taekwondo.

63. A beginner asks why a blue belt is beating a black belt at sparring, what do you say?

- A rank in Taekwondo (such as Black Belt) shows that you have attained a certain level and been graded as such. This is a baseline to go by. Whilst you may have surpassed that level in particular areas, some areas may not be so high. The black belt should still have greater overall knowledge of Taekwondo than the blue belt.

64. Describe the various types of motion and their application

- There are **6** different types of motion.
- **Normal Motion.** Most techniques are performed in normal motion. Techniques are carried out one at a time. One breath is required for one move or technique.
- **Continuous Motion.** This is when we combine several techniques without pausing. We still use one breath in and out per technique.
- **Fast Motion.** This also combines several techniques, but in this type of motion the one breath is exhaled proportionately between techniques.
- **Connecting Motion.** This is used when a no tension on impact technique is connected to a tension on impact technique. A hooking block uses no tension on impact. It is executed by inhaling through the whole block and then exhaling before moving on. In pattern Yul-Gok a hooking block is connected to an obverse punch, this is executed by inhaling on the block and exhaling on the punch.
- **Slow Motion.** This is used solely in patterns to demonstrate the theory of power. The element of speed is the only element omitted.
- **Stamping Motion.** This can be used in both attacking and blocking. It increases the power and effectiveness of either the attack or the block

65. What is the difference between WTF and ITF styles?

- WTF uses Taekwondo as a sport (hence its use in the Olympics), this involves body armour and full contact fighting. The patterns are different and the general form of ITF is in line with the original art.

66. If entered into a difficult situation what would your three options be?

- In order of priority; talking, running, fighting.

67. What is the difference between self-discipline and self-control?

- Self-discipline is being autonomous in your training and striving for excellence whereas self-control is relating to maintaining composure and keeping your temper.

68. Name as many hand and foot parts as you can in Korean and English

- **Hand Parts (sang basin)**
 - Arc hand (bandal son)
 - Knife hand (sonkal)
 - Reverse knife hand (sonkal dung)
 - Back hand (sondung)
 - Fingertip (sonkut)
 - Angle fingertip (homi sonkut)
 - Palm (sonbadak)
 - Forefist (ap joomuk)
 - Backfist (dung joomuk)
 - Sidefist (yop joomuk)
 - Underfist (mit joomuk)
 - Longfist (ghin joomuk)
 - Openfist (pyon joomuk)
 - Thumb (umji)
 - Forefinger (inji)
 - Middle Finger (joongji)

- **Foot Parts (habansin)**
 - Ball of the foot (ap kumchi)
 - Instep (baldung)
 - Back sole (dwit kumchi)
 - Side sole (yop bal badak)
 - Footsword (balkal)
 - Reverse footsword (balkal dung)
 - Heel (dwitchook)
 - Toes (balkut)

69. Briefly explain the differences between Taekwon-Do, Karate and Kung Fu?

- Karate is a type of Japanese martial art, which originated in Okinawa. It translates to "empty hand" and hands and feet are the only weapons allowed.
- Kung fu is a form of martial arts that uses strength, low stances and powerful blocks. The original Shaolin kempo kung fu style is based on the fighting techniques of five animals. It is more than 5,000 years old and is practiced by Shaolin monks in China today.
- Taekwondo is an unarmed Korean martial art of self defense with fighting that is similar to Japanese karate. It's an Olympic sport, and it's way of life as well as an artistic discipline. The movements are graceful and powerful, and it develops posture, coordination, graceful movement and physical fitness. Taekwondo is particularly notable for its quick and powerful kicks.

70. Name all the TAGB areas

- Mr. D Oliver - South of England
- Mr. M Dew - South West of England
- Mr. R Sergiew - Central England North
- Mr. P Donnelly - Central England South
- Mr. B Towndrow - North Midlands
- Mr. D Atkins - South Midlands
- Mr. K Walton - North of England
- Mr. G Peros - Wales
- Mr. K Farrell - Northern Ireland

71. What are the primary targets of high Section?

- Eyes, nose, jaw / chin, neck, temple, philtrum, carotid artery, base of skull

72. What are the primary targets of middle section?

- Collar bone, throat, solar plexus, floating ribs, arm, elbow, wrist, stomach, spine, kidneys

73. What are the primary targets of low section?

- Groin, thigh, knee, shin, ankle, toes, back of knee, Achilles Tendon

74. How does the Release work in Do San?

- The release works by quickly twisting your arm and wrist in a downwards motion between the weak point of your opponents grip (between the thumb and finger).

75. What is the student focus shield used for?

- The student focus shield (jeja chotjum bangpae) will help you to develop good free sparring skills.

76. What is the difference between Taekwondo the Art and Taekwondo the Sport?

- Taekwondo the Art is all about staying true to the roots of Taekwondo techniques and performing or demonstrating each technique, incorporating all the elements to the theory of power. Taekwondo the sport is all about scoring points, with the aim of achieving medals, trophies and gaining victory over your opponents.

77. Explain and demonstrate how to count in Korean.

- Hana (1), Dool (2), Set (3), Net (4), Daset (5), Yasot (6), Ilgop (7), Yodol (8), Ahop (9), Yol (10), then Yol Hana (11), Yol Dool (12), etc.
Sumul (20), Surhun (30), Mahun (40), Swin (50), Yesun (60), Irhun (70) Yudun (80), Ahun (90), Baek (100).

78. What can you tell me about the different types of sparring?

- **3 Step Sparring (sambo matsoki)**
 - Three step sparring aims to develop focus, distance and timing.
- **2 Step Sparring (ibo matsoki)**
 - Two step sparring perfects focus, distance and timing against co-ordinated hand and foot attacks.
- **1 Step Sparring (ilbo matsoki)**
 - One step sparring perfects efficient defence and accurate decisive counter attacks.
- **3 Step Semi-Free Sparring (ban jayoo matsoki)**
 - **Basic:** very light contact, gets you used to movement and combinations of techniques. You are learning the theory of sparring rather than the practical.
 - **Intermediate:** some light contact can be added into the techniques and you should be using good positioning and combinations of more advanced moves including jumping techniques.
 - **Advanced:** use all techniques in your arsenal and find partners who are happy to train with full contact sparring. You should now be confident against a wide range of opponents with various skill sets.
- **Free Sparring (jayoo matsoki)**
 - The aim in free sparring is to score points. You are using Taekwondo as a sport. The scoring system awards **1** point for a hand technique to middle or high section, **2** points for a middle kick and **3** points for a high kick. The objective is only to touch your partner without causing any pain or injury. **No** techniques are allowed below the belt.

79. What is the meaning for all of the colour belts?

- **White Belt** - Innocence, beginner with no previous knowledge of Taekwondo.
- **Yellow Belt** - The earth from which the plant sprouts and takes root as Taekwondo foundation is being laid.
- **Green Belt** - The plants growth as Taekwondo skills begin to develop.
- **Blue Belt** - The heaven towards which the plant matures into a towering tree as training in Taekwondo progresses.
- **Red Belt** - Danger, cautioning the student to exercise control and warning the opponent to stay away.
- **Black Belt** - Opposite to white, therefore signifying the maturity and proficiency in Taekwondo. Also indicates the wearers imperviousness to darkness and fear

80. Why do we use the power test?

- To demonstrate the effectiveness of our techniques.