

PROMOTION TO BLUE STRIPE

- 1. What part of the foot do you use when performing a spinning hook kick?**
The heel.
- 2. What is the ready position on Won Yho called?**
Closed ready stance A.
- 3. What is the weight distribution in your legs, when performing a fixed stance?**
50% on both legs.
- 4. What does an inner forearm circular block defend against?**
A front kick (knocking your opponent off balance).
- 5. What is the length between your legs, when performing a fixed stance?**
Double shoulders width apart.
- 6. Name all the stances in Won Yho?**
*Closed ready stance A
Bending ready stance A
L stance
Fixed stance
Walking stance*
- 7. What is the meaning of blue belt?**
Please see below.
- 8. What does Self Control mean?**
To control your actions and emotions, especially under stress, i.e. after being hit whilst sparring.
- 9. How many movements are there in pattern Won Yho and what is its meaning?**
Please see below.
- 10. Why do we learn one step sparring?**
One step sparring helps us with timings, speed, focus but the main importance is to allow us to use our Tae Kwon Do techniques more realistic in a real situation.
- 11. * What are the basic arm muscles?**
*Biceps: the large muscle in the front of the arm (used mainly for contracting the arm).
Triceps: located on the back of the arm (used for the extension of the arm.)*

MEANING OF BELT COLOURS

BLUE: Signifies the heaven towards which the plant matures into a towering tree as training in Tae Kwon Do progresses.

Learn these basic commands, if you have problem pronouncing these then please ask for assistance from the instructor.

KOREAN:

Nine - Ahop
Ten - Yoll

Won-Hyo Tul (28 movements)

Won-Hyo was the noted monk who introduced Buddhism to the Silla Dynasty in the year 686 AD.

To be learnt when you are a green belt, 6th Kup.