

PROMOTION TO GREEN BELT

- 1. What part of the foot do you use when performing a hook kick?**
The heel.
- 2. What does a wedging block defend against?**
A double handed grab, twin vertical punch, double handed push or two handed front Choke.
- 3. What is the weight distribution in your legs, when performing a sitting stance?**
50% on both legs.
- 4. In Do San, what part of the arm do you use to block with, when performing the first block?**
Outer forearm.
- 5. What is the meaning of green belt?**
Please see below.
- 6. What does integrity mean?**
Honesty. to define right from wrong.
- 7. What does perseverance mean?**
To achieve a personal goal or perfect a new technique against any difficulties or obstacles.
- 8. How many movements are there in pattern Do San and what is its meaning?**
Please see below.
- 9. What colours are on the Korean Flag?**
Blue, red, black and white.
- 10. Why do we “Ki Ha” on attacking techniques?**
To make our techniques stronger, make us more confident, to scare and stun the opponent.

MEANING OF BELT COLOURS

GREEN: Signifies the plants growth as Tae Kwon Do skills begin to develop.

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

KOREAN:

Six	-	Yosaul
Seven	-	Ilgop
Eight	-	Yodoll

Do-San Tul (24 movements)

Do-San is a pseudonym of the patriot Ahn Chang-Ho (1876 - 1938). The 24 movements represent his entire life which he devoted to furthering education in Korea and the Korean independence movement.

To be learnt when you are a green stripe, 7th Kup.