

PROMOTION TO GREEN STRIPE

- 1. What part of the foot do you use when performing a back kick?**
The foot sword (the outer edge of the foot – from the little toe to the heel).
- 2. In Dan Gun, what height are the punches?**
High section (eye level).
- 3. What does a twin forearm block defend against?**
One overhead attack and one middle section attack, either a kick or hand strike.
- 4. What is the weight distribution in your legs, when performing a walking stance?**
50% on both legs.
- 5. Explain the relevance of the weight distribution when performing an 'L' stance?**
When being attacked with a sweeping technique, you are able to lift your lead leg comfortably, without losing balance or falling over, thus avoiding the sweep.
- 6. What is the meaning of green belt?**
Please see below.
- 7. What are the 5 tenets of Tae Kwon Do?**
Please see below.
- 8. How many movements are there in pattern Dan Gun and what is its meaning?**
Please see below.
- 9. What part of the foot do you use when performing a front and traditional turning kick?**
The ball of the foot.
- 10. Why do we learn three step sparring and three step semi free sparring?**
** Three step sparring - is for developing Focus, Distance and Timing, as well as Stances, Blocks and Attacking Techniques.*

Three step semi free sparring - This is to help develop the true art of sparring.

MEANING OF BELT COLOURS

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

5 TENETS OF TAE KWON DO (Aims to Achieve)

Courtesy
Integrity
Perseverance
Self Control
Indomitable Spirit

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

KOREAN:

One	-	Hanna
Two	-	Dool
Three	-	Seth
Four	-	Neth
Five	-	Dasaul

Dan-Gun Tul (21 movements)

Dan Gun is named after the Holy Dan Gun, the legendary founder of Korea in the year 2333 B.C.

To be learnt when you are a yellow belt, 8th Kup.