

## What to Learn for your Black Belt Grading

Below is a list of questions you *MAY* be asked at your black belt grading - this is not an exhaustive list, you at least need to know the complete contents of your blue handbook, and it's worth reading up on Tae Kwon-Do history from any other sources you may find.

**Name the five tenets of TKD.**

**What are tenets?**

**If there was to be a sixth, what do you suggest it should be?**

I said loyalty. Though-

**An examiner then went on to ask -**

**Who should you be loyal to, the Association (TAGB) or your instructor?**

I asked the person that asked the question afterwards and he felt that the answer should be the instructor first and the Association second.

**What is the difference between a sport and a martial art?**

In a sport, you are in competition with others, in a martial art, you are only in competition with yourself.

**Why do you want to be a black belt?**

**What will you do if you fail this grading?**

**What are I.T.F. and W.T.F. TaeKwon-Do and what are the differences between the two? Which one do we practice? Which one do we belong to?**

I.T.F. stands for International TaeKwon-Do Federation.

W.T.F. stands for World TaeKwon-Do Federation.

We belong to neither organisation; the world body that we belong to and are one of the founder members is Tae Kwon-Do International.

I.T.F. is the original Federation that Major General Choi founded; the I.T.F. style is the original style of TaeKwon-Do. It is the style of TKD that the TAGB practices. It is worth noting that modern ITF TaeKwon-Do has itself changes since 1955. We still practice it as it was originally conceived.

The W.T.F. style of TaeKwon-Do is more sport orientated than I.T.F. It is the style that has been accepted as an Olympic sport. Its sparring differs to ours in that it is full contact. The competitors wear body armour and no punching to the head is allowed. The I.T.F. style could be considered to be a martial art, where as the W.T.F. style could be considered to be a modern combat sport.

**In the coloured belt patterns there are "release moves". How many are there and what patterns are they in?**

Do San, Joong Gun and Hwa Rang. Make sure that you know which moves.

**In the coloured belt patterns there are "jumping movements". How many are there? What patterns are they in? What is their individual purpose?**

The jump in Yul Gok, to gain distance.

The jump in Toi Gay. To avoid a sweep.

The jump in Chung Moo, to confuse the opponent (don't try this in a pub fight).

**Knife hand strikes occur in the coloured belt patterns, what are they. (This does not mean reverse knife hand techniques.)**

Outward knife hand strike, as in Dan Gun

Inward knife hand strike, as in Won Hyo

Downward knife hand strike, as in Hwra Wrang

**If somebody asked you what TaeKwon-Do is, what would you tell them?**

**What is the purpose of the 360 degree jump in Choong Moo?**

To confuse the opponent.

**Give the meaning of Won Hyo.**

**What is Buddhism?**

An oriental religion.

**Give the meaning of Yul Gok or Toi Gay. What is Confucianism or Neo Confucianism?**

**Who was Confucius?**

Confucius founded a religion and philosophy, partly based on respect for your superiors, Elders and betters. Neo literally means "new".

**What do the 29 movements of Hwa Rang represent?**

The 29<sup>th</sup> Infantry Division where TKD developed.

**Who commanded the 29th Infantry Division?**

Major General Choi Hong Hi.

### **Why do we learn the meanings of patterns?**

The names of patterns and their meanings are about famous people and events in Korean history. These are people or events that demonstrate great feats of bravery, self-sacrifice and dedication. We learn about them so that we may learn and be inspired by them and to perhaps copy them in our own lives.

So next they can often ask some thing like....

Ok, so what do you learn by ..... For insistence - Joon Gun.

Mr. An Joon Gun assassinated the Japanese governor General of Korea. He was arrested and executed for this. From this I learn that it may be sometimes necessary to give your life, or be prepared to give your life for something that is right and that you believe in. Perhaps you learn something different from this meaning. The panel could pick any pattern meaning and ask you what you learn from it so when you study the meanings, think about what lesson it holds for you.

### **What other martial arts influenced the development of TKD?**

Tae Kyon (Korean Foot fighting art).

Soo Bak (Korean hand fighting art).

Shotokan Karate.

### **What is the difference between a red belt and a black belt student?**

A black belt is perceived to be an "expert" and expected to know and be able to do everything. This takes some growing into. The blackbelt must strive to be worthy of the grade. Ultimately the difference is responsibility, particularly, responsibility within the club and TKD environment.

### **What is the difference between a strike and a thrust?**

For me, this answer is not the whole story, but it is what the grading examiners want to hear. Roughly - A strike impacts on the surface of the target, whereas a thrust is designed to penetrate.

**Chung Moo, the last part of the meaning of the pattern, the Regrettable death before being able to show full potentiality due to forced loyalty to the King. What is this all about?**

Roughly - Ye Sun Sin followed his king's battle plan instead of his own and this lead to his death.

### **So what do you learn from the meaning of Chung Moo?**

That sometimes you have to follow the instructions or ideas of other people even when you believe them to be wrong.

### **Which patterns is the significance of the number of moves in the following patterns?**

32 Chun Gun. Mr Ahn's age when he was executed.

38 Yul Gok , Yi I's birthplace on the 38<sup>th</sup> latitude.

29 Hwra Wrang . The 29<sup>th</sup> Infantry division where TaeKwonDo developed.

**What history of TaeKwonDo do you know previous to 1955?**

**Referring to jumping - What is the difference between jumping and flying techniques**

This is generally referring to kicking, jumping is jumping for height and flying is jumping for distance.

**The number of moves that each pattern has is significant? What is this significance for each pattern? Refer to handbook.**

**What is the purpose of the various set sparrings?**

Three step - to develop distance and timing. To develop forearm conditioning and to start to practice techniques against a real partner.

Two step - the same as three step but with the added difficulty of there being varying attacks as well as defences. I like to think of two-step as small patterns but with the added training advantage of having a real live partner (as opposed to an imaginary one).

**What are the tenets of TaeKwonDo in Korean?**

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

Name all foot parts, you should already know the standard ones already!

Or

Where is the INSTEP and what is it called in Korean?

Where is the SIDE INSTEP and what is it called in Korean?

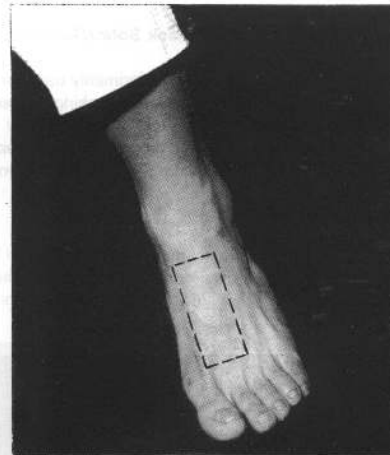
Where is the REVERSE FOOTSWORD and what is it called in Korean?

Where is the SIDE SOLE and what is it called in Korean?

What is the Korean for TOES?

**Instep (Baldung)**

It is created when both the ankle and toes are bent sharply downward and is exclusively used in attacking the scrotum or jaw. However, the face, solar plexus, floating ribs and abdomen often become good targets, especially if shoes are worn.



**Side Instep (Yop Baldung)**

This form is created when the ankle is properly bent upward while twisting the foot until the instep faces almost downward. It is used for blocking.

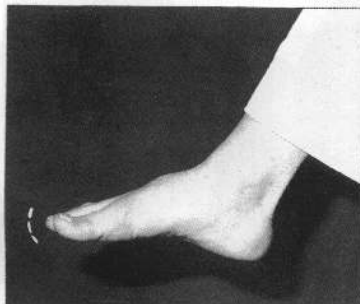
**Reverse Footsword (Balkal Dung)**

This form is created when both the ankle and the toes are bent sharply upward. It is used for attacking the face, chest and solar plexus from a 90 degree angle.



**Side Sole (Yop Bal Badak)**

This form is created when the toes are properly bent upward while bending the ankle slightly upward. It is used in blocking.



**Toes (Balkut)**

It is used to attack the scrotum or abdomen. However, the floating ribs, point of the chin, solar plexus and other parts of the face can serve as targets when shoes are worn.

You could be asked to identify the TAGB committee members, particularly in the black belt grading.

## The TAGB Committee Members

The TAGB governing committee is elected democratically by the instructor members of the TAGB.



**Dave Oliver:** 7th Dan. Chairman of the TAGB and President of Tae Kwon Do International (TKDI). Area coordinator for Southern England.



**Paul Donnelly:** 7th Dan. Liaison Officer of the TAGB. Area coordinator for Central England South.



**Ron Sergiew:** 7th Dan. Treasurer of the TAGB and area coordinator for Central England North.



**Brian Towndrow:** 6th Dan. Senior instructor of the TAGB. Area coordinator for North Midlands.



**Giannis Peros:** 6th Dan. Senior instructor of the TAGB. Welsh Squad Coach. Area coordinator for Wales.



**Don Atkins:** 7th Dan. National Secretary of the TAGB. Area coordinator for South Midlands.



**Kenny Walton:** 7th Dan. National Squad Coach of the TAGB. Area coordinator for North England.



**Mike Dew:** 7th Dan. Vice-Chairman of the TAGB. Area coordinator for South West England.

**These are the Questions that Master Dew wants students to answer if they fail the theory part of their pregrading**

**Tae Kwon Do Theory Test**

Attempt all questions in sections A-E

Answer to section F will be heard by a senior grade.

a) History of Tae Kwon Do

1. What does Tae Kwon Do mean?
2. What are the tenets of Tae Kwon Do?
3. If you had to choose a sixth tenet, what would it be and why?
4. Where and on what date was Tae Kwon Do inaugurated?
5. Who is the founder of Tae Kwon Do?
6. When did he die? 1992
7. When was Tae Kwon Do introduced into the UK?
8. What does TAGB stand for?
9. When was the TAGB formed?
10. Who are the chairman and vice-chairman of the TAGB?
11. What worldwide organisation is the TAGB a member of?
12. When was Tae Kwon Do International inaugurated?
13. What does BTC stand for?
14. When was the BTC formed?
15. What is the purpose of the BTC?
16. Who is the chairman of the BTC?

b) Colour and Belts

Which belt signifies?

1. Heaven
2. Earth
3. Plants growth
4. Danger
5. Innocence
6. What does Black Belt mean?
7. Why is there a black edging on a black belt dobok? The edging is similar to that on the clothing of Korean Royalty and their guards.

c) Targets (in English)

1. Name four high section targets
2. Name four middle section targets
3. Name three low section targets
4. Why is the Philtrum such a dangerous target? Soft bit under the nose. It is supposed to detach and go back into the brain and kill the person. ( I don't believe it myself).

d) In Korean

1. What is the term for hand parts?
2. Name six hand parts
3. What is the term for forearm?
4. Name two forearm parts

5. What is the term for foot parts?
6. Name four parts of the foot
7. Name two elbow strikes
8. Name three spear finger thrusts
9. Name ten kicks
10. Name two parts of the foot used for turning kick
11. Name two parts of the foot used for hooking kick
12. Name ten blocks and which parts of the body they use
13. Name eight different stances

e) Patterns and Set Sparring

1. What is a pattern?
2. How many Tae Kwon Do patterns are there?
3. Why do we perform patterns?
4. Why do we learn the meaning of patterns?
5. Name all the patterns you know, number of moves in each and the diagram.
6. Name the six forms of sparring we do
7. Name three of these in Korean
8. Why do we do one for one sparring?
9. Why do we do three-step sparring?
10. Why do we do three-step Semi-free sparring?

f) Oral Questions

1. Why do you do Tae Kwon Do?
2. Why do you want to become a Black Belt?
3. How many colour belt patterns end in attacks?
4. How many colour belt patterns include a backfist strike?
5. Name the colour belt patterns that contain release moves?
6. What is the difference between the jump in Yul Gok and Toi Gye?
7. What is the difference between move number 6 in Won Hyo and Hwa Rang?
8. What are the three kingdoms of Korea?
9. What do you give back to Tae Kwon Do?
10. What is the difference between a strike and a thrust?
11. What is the difference between self-discipline and self-control?
12. What date did you start Tae Kwon Do?

Further Questions for those taking more senior grades.

1. What are I.T.F. and W.T.F. TaeKwon-Do and what are the differences between the two? Which one do we practice? Which one do we belong to?
2. Who commanded the 29th Infantry Division?
3. Why do we learn the meanings of patterns?
4. What is the difference between a red belt and a black belt student?
5. What is the difference between a strike and a thrust?
6. What history of TaeKwonDo do you know previous to 1955?
7. Referring to jumping – What is the difference between jumping and flying techniques?