

# 1st Kup Red Belt - (page 2 of 2)

## Combinations and sequences taken from patterns

*Typical examples might be:*

- Jumping front kick.
- The first 3 moves from Won-Hyo.
- Upset fingertip thrust followed by low block and back-fist strike (Choong-Moo).
- Turning kick, back kick, reverse punch, pull back into guarding block.

*You will be asked questions from 3 of the 5 examiners and are at the examiner's discretion.*

## Patterns

Interpretation and the techniques used. Students are expected to understand the interpretation, not merely repeating the definition.

*Typical questions might be:*

- What is the significance of the number 29 in the pattern Hwa-Rang?
- Which patterns have a release technique?
- What is the purpose of the jump in pattern Toi-Gye?

## Techniques – terminology

You will need to know all the information from the TAGB terminology book.

Also, use the TAGB website quiz to help you practice:

<https://www.blackbeltschools.com/syllabus/koreanquiz.asp?grade=10&j=&k=&q=10>

*Applications and limitations. Typical questions might be:*

- What is the difference between a double block and a twin block?
- Name the following parts of the hand (the examiner will demonstrate).
- What does Bapgi mean?

History and Social – key dates and events, people in Tae Kwon Do, aspirations and motivations behind Tae Kwon Do. (All the information is in the terminology book)

*Typical questions might be:*

- When was the TAGB formed? / Who is the liaison officer of the TAGB?
- What does gaining a black belt mean to you?
- If you could choose a sixth tenet of Tae Kwon Do, what would it be and why?

