

BRIDGNORTH TAE KWON-DO



Required Theory: 2nd Dan to 3rd Dan

(Korean terms are in brackets and italics).

Significance of Colours on Belts

BLACK is opposite of white, therefore signifies maturity and proficiency in Tae Kwon-Do. It also indicates imperviousness to darkness and fear.

Pattern Meanings

1. **Eui Am** (45 moves) is the pseudonym of Son Byong Hi, leader of the Korean independence movement on 1st March 1919. The 45 movements refer to his age when he changed the name of Dong Hak (Oriental Culture) to Chondo Kyo (Heavenly Way) religion in 1905. The diagram represents his indomitable spirit displayed whilst devoting his life to the prosperity of his nation.
2. **Choong Jang** (52 moves) is the pseudonym given to General Kim Duk Ryang who lived during the Yi dynasty (14th Century). This patterns ends with a left-hand attack to symbolise the tragedy of his death at 27 in prison before he was able to reach full maturity.
3. **Ko Dang** (39 moves) is the pseudonym of the patriot Cho Man Sik who dedicated his life to the independence movement and education of his people. The 39 movements signify his times of imprisonment and his birthplace on the 39th parallel.

You will be expected to know the interpretations for the above Black Belt patterns, and all of the colour belt patterns. In addition you must research the deeper interpretations and meanings behind these definitions.

Movements (Eui Am)

- Close ready stance D: (*Moa junbi sogi D*)
- Knifehand low inward block: (*Sonkal najunde anuro makgi*)
- Outer forearm high side block: (*Bakat palmok nopunde yop makgi*)
- Forefist middle punch: (*Kaunde ap jirugi*)
- Low twisting kick: (*Najunde bituro chagi*)
- X-fist downward block: (*Kyocho joomuk naeryo makgi*)
- Knifehand rising block: (*Sonkal chookyo makgi*)
- Backfist high side strike: (*Dung joomuk nopunde yop taerigi*)
- Forefist middle punch: (*Ap joomuk kaunde jirugi*)
- Middle reverse turning tick: (*Kaunde bandae dollyo chagi*)
- Knifehand middle outward strike: (*Sonkal kaunde bakuro taerigi*)

- Middle side piercing kick: *(Kaunde yopcha jirugi)*
- Forefist high crescent punch: *(Ap joomuk nopunde bandal jirugi)*
- Forefist turning punch: *(Ap joomuk dollyo jirugi)*
- Knifehand middle wedging block: *(Sonkal kaunde hechyo makgi)*
- Reverse knifehand circular block: *(Bandalson dollimyo makgi)*
- Alternate palm downward block: *(Euhkallin sonbadak naeryo makgi)*
- Reverse knifehand low inward block: *(Sonkaldung najunde anuro makgi)*
- High reverse turning kick: *(Nopunde bandae dollyo chagi)*
- Outer forearm middle guarding block: *(Bakat palmok kaunde daebi makgi)*
- Knifehand low outward block: *(Sonkal najunde bakuro makgi)*
- Forefist high punch: *(Ap joomuk nopunde jirugi)*

Movements (Choong Jang)

- Close ready stance A: *(Moa junbi sogi A)*
- High side-front block: *(Nopunde yopap makgi)*
- Angle punch: *(giokja jirugi)*
- Double finger high thrust: *(Doo songarak nopunde tulgi)*
- Backfist front strike: *(Dung joomuk ap taerigi)*
- Forearm rising block: *(Palmok chookyo makgi)*
- Forefist middle punch: *(Ap joomuk kaunde jirugi)*
- Outer forearm middle guarding block: *(Bakat palmok kaunde daebi makgi)*
- Low front snap kick: *(Najunde apcha jirugi)*
- Flat fingertip high thrust: *(Opun sonkut nopunde tulgi)*
- High turning kick: *(Nopunde dollyo chagi)*
- Forefist high punch: *(Ap joomuk nopunde jirugi)*
- Side elbow thrust: *(Yop palkup tulgi)*
- Palm scooping block: *(Sobadak duro makgi)*
- Knifehand middle outward strike: *(Sonkal kaunde bakuro taerigi)*
- X-fist pressing block: *(Kyocha joomuk noollo makgi)*
- Knee front snap kick: *(Moorup apcha busigi)*
- Knifehand middle guarding block: *(Sonkal kaunde daebi makgi)*
- Middle side piercing kick: *(Kaunde yopcha jirugi)*
- Twin palm pressing block: *(Sang sonbadak noollo makgi)*
- Outer forearm high front block: *(Bakat palmok nopunde ap makgi)*
- Backfist high side strike: *(Dung joomuk nopunde yop taerigi)*
- Back elbow thrust: *(Dwit palkup tulgi)*
- Backhand downward strike: *(Sondung naeryo taerigi)*
- Forefist middle punch: *(Ap joomuk kaunde jirugi)*
- Backfist side front strike: *(Dung joomuk yopap taerigi)*
- Reverse knifehand low guarding block: *(Sonkaldung najunde daebi makgi)*
- 9-shape block: *(Gutja makgi)*
- Twin knifehand horizontal strike: *(Sang sonkal soopyong taerigi)*
- Arc-hand high front strike: *(Bandalson nopunde ap taerigi)*
- Middle front snap kick: *(Kaunde apcha busigi)*
- Twin fore knuckle high crescent punch: *(Sang inji joomuk nopunde bandal jirugi)*

- Knifehand low outward block: (*Sonkal najunde bakuro makgi*)
- Open fist punch: (*Pyon joomuk jirugi*)

Movements (Ko Dang)

- Middle pushing block: (*Kaunde miro makgi*)
- Bending ready stance B: (*Guburyo sogi B*)
- Middle back piercing kick: (*Kaunde dwitcha jirugi*)
- Elbow downward thrust: (*Palkup naero tulgi*)
- Pressing block: (*Noollo makgi*)
- Outer forearm downward block: (*Bakat palmok naero makgi*)
- Palm upward block: (*Sonbadak ollyo makgi*)
- Middle hooking kick: (*Kaunde goro chagi*)
- High knifehand guarding block: (*Nopunde sonkal daebi makgi*)

Application of Movements

You MUST show that you understand what the movements in the patterns could be used for in a real-life scenario.

Questions

- How do you stay motivated to train beyond 2nd/3rd/4th Dan?
- How do you motivate your students to train beyond 2nd/3rd/4th Dan?
- How do you maintain focus, for yourself and your students, with long gaps between Dan grading times?
- See ALL previous theory questions!

Etc, etc, etc!

*** *The GTI Handbook contains more detailed theory information and is available to purchase.*

The examiner may ask any question, not limited to those on this sheet.

*You must ALWAYS revise theory from previous belts...ESPECIALLY for a Dan Grading.****