

BRIDGNORTH TAE KWON-DO



Required Theory: 3rd Dan to 4th 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. **Sam Il** (33 moves) denotes the historical date of the independence movement of Korea, which began throughout the country on 1st March 1919. The 33 movements in the pattern stand for the 33 patriots who planned the movement.
2. **Yoo Sin** (68 moves) is named after General Kim, Yoo-Sin, a commanding general during the Silla dynasty. The 68 movements refer to the last two figures of 668AD the year Korea was united. The ready posture signifies a sword being drawn from the right rather than from the left, symbolising Yoo Sin's mistake of following the king's orders to fight with foreign forces against his own nation.
3. **Choi Yong** (46 moves) is named after General Choi Yong, Premier and Commander-in-Chief of the armed forces during the 14th century Koryo dynasty. Choi Yong was greatly respected for his loyalty, patriotism and humility. He was executed by his subordinate commanders headed by General Yi Sung Gae, who later became the first king of the Yi dynasty.

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 (Sam Il)

- Close ready stance C: (*Moa junbi sogi C*)
- Outer forearm middle guarding block: (*Bakat palmok kaunde daebi makgi*)
- Double forearm high block: (*Doo palmok nopunde makgi*)
- Knifehand high side block: (*Sonkal nopunde yop taerigi*)
- Middle twisting kick: (*Kaunde bituro chagi*)
- Forefist middle punch: (*Ap joomuk kaunde jirugi*)
- Reverse knifehand middle wedging block: (*Sonkal dung kaunde hechyo makgi*)
- Upset fingertip thrust: (*Dwijibo sonkut tulgi*)
- Outer forearm high & low block: (*Bakat palmok nopunde & najunde makgi*)
- Double forefist low punch: (*Doo joomuk najunde jirugi*)

- Double arc-hand block: (*Doo bandal son makgi*)
- Reverse knifehand high guarding block: (*Sonkal dung nopunde daebi makgi*)
- U-Shape block: (*Digutja makgi*)
- Sweeping kick: (*Suroh chagi*)
- Knifehand middle guarding block: (*Sonkal kaunde daebi makgi*)
- Middle side piercing kick: (*Kaunde yopcha jirugi*)
- Front elbow strike: (*Ap palkup taerigi*)
- Back elbow thrust: (*Dwit palkup tulgi*)
- X-fist pressing block: (*Kyocha joomuk noollo makgi*)
- Outer forearm W-shape block: (*Bakat palmok san makgi*)
- Knifehand low guarding block: (*Sonkal najunde daebi makgi*)
- Palm upward block: (*Sonbadak ollyo makgi*)
- Twin palm pressing block: (*Sang sonbadak noollo makgi*)
- Twin upset punch: (*Sang dwijibo jirugi*)
- Outer forearm low block: (*Bakat palmok najunde makgi*)
- Forefist middle punch: (*Ap joomuk kaunde jirugi*)
- Outer forearm middle front block: (*Bakat palmok kaunde ap makgi*)
- Forefist high punch: (*Ap joomuk nopunde jirugi*)
- Low front snap kick: (*Najunde apcha busigi*)
- High twin vertical punch: (*Nopunde sang sewo jirugi*)

Movements (Yoo Sin)

- Warrior ready stance B: (*Moosa junbi sogi B*)
- Horizontal elbow release: (*Soopyong palkup jappyosul tae*)
- Angle punch: (*Giokja jirugi*)
- Palm middle hooking block: (*Sonbadak kaunde golcho block*)
- Forefist middle punch: (*Ap joomuk kaunde jirugi*)
- Outer forearm high side block: (*Bakat palmok nopunde yop makgi*)
- Forearm circular block: (*Palmok dollimyo makgi*)
- Palm scooping block: (*Sonbadak duro makgi*)
- Palm high hooking block: (*Sonbadak nopunde golcho makgi*)
- X-fist pressing block: (*Kyocha joomuk noollo makgi*)
- X-knifehand rising block: (*Kyocha sonkal chookyo makgi*)
- Forefist middle punch: (*Ap joomuk kaunde jirugi*)
- Low front snap kick: (*Najunde apcha busigi*)
- Knifehand middle guarding block: (*Sonkal kaunde daebi makgi*)
- Double forearm high block: (*Doo palmok nopunde makgi*)
- Outer forearm reverse low block: (*Bakat palmok bandae najunde makgi*)
- Reverse knifehand high block: (*Sonkal dung nopunde makgi*)
- Close ready stance C: (*Moa junbi sogi C*)
- Twin upset punch: (*Sang dwijibo jirugi*)
- Inner forearm middle block: (*An palmok kaunde makgi*)
- U-shape punch: (*Digutja jirugi*)
- Backfist front strike: (*Dung joomuk ap taerigi*)
- Waving kick: (*Doro chagi*)

- Outer forearm high outward block: (*Bakat palmok nopunde bakuro makgi*)
- Outer forearm high inward block: (*Bakat palmok nopunde anuro makgi*)
- Backhand horizontal strike: (*Sondung soopyong taerigi*)
- Middle crescent kick: (*Kaunde bandal chagi*)
- Middle side piercing kick: (*Kaunde yopcha jirugi*)
- 9-shape block: (*Gutja makgi*)
- Side fist downward strike: (*Yop joomuk naeryo taerigi*)
- High twin vertical punch: (*Nopunde sang sewo jirugi*)

Movements (Choi Yong)

- Close ready stance C: (*Moa junbi sogi C*)
- Outer forearm middle guarding block: (*Bakat palmok kaunde daebi makgi*)
- Middle knuckle fist high punch: (*Joongi joomuk nopunde jirugi*)
- Knifehand rising block: (*Sonkal chookyo makgi*)
- Inner forearm circular block: (*An palmok dollimyo makgi*)
- Forefist middle punch: (*Kaunde ap jirugi*)
- Knifehand low guarding block: (*Sonkal najunde daebi makgi*)
- Middle turning kick: (*Kaunde dollyo chagi*)
- High reverse hooking kick: (*Nopunde bandae dollyo goro chagi*)
- Middle side piercing kick: (*Kaunde yopcha jirugi*)
- Front elbow strike: (*Ap palkup taerigi*)
- Palm pressing block: (*Sonbadak noollo makgi*)
- Knifehand W-shape block: (*Sonkal san makgi*)
- Middle front snap kick: (*Kaunde apcha busigi*)
- Outer forearm middle guarding block: (*Bakat palmok kaunde daebi makgi*)
- Flat fingertip high thrust: (*Opun sonkut nopunde tulgi*)
- Palm middle hooking block: (*Sonbadak kaunde golcho makgi*)
- Forefist middle punch: (*Kaunde ap jirugi*)
- Bending ready stance A: (*Guburyo junbi sogi A*)
- Backfist high side strike: (*Dung joomuk nopunde yop taerigi*)
- Knifehand middle outward strike: (*Sonkal kaunde bakuro taerigi*)
- Forefist middle side punch: (*Ap joomuk kaunde yop jirugi*)

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?
- Think about motivation and maintaining fitness – for yourself and others.
- 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.****