



GENERAL QUESTIONS:

Where does Tae Kwon-Do come from?

South Korea

What does Tae Kwon-Do translate to mean?

Tae- to kick or smash with the foot
Kwon- to punch or destroy with the fist
Do – art, way or method
Therefore it isThe Art of Foot and Hand

What do the letters T.A.G.B stand for?

The Tae Kwon-Do Association of Great Britain

What is your Instructors name and Grade?

Mr James Welsh, 4th Degree Black Belt

What are the 5 tenets of Tae Kwon-Do?

Courtesy, Integrity, Perseverance, Self Control, Indomitable Spirit

What does white belt mean?

White signifies innocence as that of a beginner student who has no previous knowledge of Tae Kwon-Do

When was Tae Kwon-Do founded?

April 11th 1955

Who is known as the founding father of Tae Kwon-Do?

Major General Choi Hong Hi, 9th Dan

KOREAN:

Stance.....SOGI
Punch.....JIRUGI
Block.....MAKGI
Kick.....CHAGI

AttentionCHARYOT
Bow.....KYONG YE
Return to Ready Stance.....BARROL
Parallel Ready Stance.....NARANI CHUNBI SOGI
Sitting stance.....ANNUN SOGI
Walking stance.....GUNNAN SOGI

Low block.....NAJUNDE MAKGI
Middle Block.....KAUNDE MAKGI

Obverse Punch.....BARO JIRUGI
Reverse Punch.....BANDAE JIRUGI
Four directional Punch Exercise.....SAJO JIRUGI

Training suit.....DOBOK
Training hall.....DOJANG
Belt.....TI
Instructor.....SABUM

Numbers 1 to 10.....
HANNA, DOOL, SETH, NETH, DASAUL, YOSAUL, ILGOP, YODOLL, AHOP, YOLL