



1st KUP (Black-Tag Belt) Theory

The Theory on these sheets is only a guide as to what you may be asked. You should expect to be asked questions on anything you have learned on your Taekwondo journey to date.

The questions shown below are an example of what may be asked.

You are now going for your Black Belt. At this grade you are expected to be able to find your own answers to the questions. If you are really struggling to find answers, then talk to your instructor.

PARTS OF THE BODY - ENGLISH	PARTS OF THE BODY - KOREAN
Side Instep	YOP BALDUNG
DEFENSIVE MOVES - ENGLISH	DEFENSIVE MOVES- KOREAN
Twin Upward Palm Block	SANG OLLYO SONBADAK MAKGI
Side X Knifehand Checking Block	YOP KYOCHA SONKAL MOMCHAU MAKGI
OFFENSIVE MOVES - ENGLISH	OFFENSIVE MOVES - KOREAN
Back Piercing Kick	DWITCHA JIRUGI
Twisting Kick	BITURO CHAGI
Flying Side Kick	TWIMYO YOP CHAGI
Front Knifehand Strike	AP SONKAL TAERIGI
Front Reverse Knifehand Strike	AP SONKAL DUNG TAERIGI
PATTERN	PATTERN
30 MOVES	CHOONG-MOO
SPARRING - ENGLISH	SPARRING - KOREAN
Free Sparring	JAYO MATSOKI
One Step Sparring	ILBO MATSOKI

What is the meaning of **Black** belt?

- Black signifies maturity and proficiency in Taekwondo. Also indicates the wearer's imperviousness to darkness and fear.

****TURN OVER* *PAGE 1 of 2****



1st KUP (Black-Tag Belt) Theory

The Meaning of all the Patterns you have learned to date

What is Taekwondo?

Why do you deserve to be a Black Belt?

Which tenet most represents you?

Why do you want to be a Black Belt?

What is your philosophy on Taekwondo?

What is the difference between ITF & WTF?

What is the difference between a martial artist and a sports person?

Which element of Taekwondo do you think is the most important? Tae, Kwon or Do.

What do you think your responsibilities will be as a Black Belt?

What is the meaning of **CHOONG-MOO**?

- Choong-Moo was the name given to the great admiral Yi Sun Sin of the Yi dynasty. He was reputed to have invented the first armoured battleship (Kobukson) which was the precursor of the present-day submarine, in 1592 A.D. The reason why this pattern ends in a left-hand attack is to symbolise his regrettable death having no chance to show his unrestrained potentiality checked by the forced reservation of his loyalty to the king.

PAGE 2 of 2