



What does Green Belt Signify?

Green Belt Signifies the plants growth as the Tae Kwon-Do skills begin to develop.

When was the TAGB formed?

21st August 1983

What is the target area for the reverse knife hand strike in No.10 of 3-step sparring?

The side of the neck

Why do you pull your hand back to your chest when performing inward moving knife hand strike in Won Hyo?

It acts as a reaction force and is also in a ready position to perform a block or strike. It can also be interpreted as grabbing your imaginary opponent to pull them towards the striking tool.

What is 3-step semi free sparring in Korean and why do we practice it?

Ban Jayoo Matsoki

Advanced techniques, closer to traditional free sparring. Focus, distance and timing.

What is the Green Belt Pattern?

Won Hyo

What is the meaning of Won Hyo Tul & how many movements does it have?

Won Hyo is the name of the Silla Dynasty monk who reputedly introduced Zen Buddhism to Korea in AD 686.

28 Movements.

Korean Translations

Closed Ready Stance 'A'	Moa Junbi Sogi 'A'
Fixed Stance	Gojung Sogi
Bending Ready Stance	Guburyo Sogi
Vertical Stance	Soo Jik Sogi
Inner Forearm Circular Block	An Palmok Dollimyo Makgi
Outer Forearm Waist Block	Bakat Palmok Hori Makgi
Palm Inward Pushing Block	Sonbadak Anaero Miro Makgi
Knife Hand Inward Strike	Sonkal Anaero Taerigi
Side Punch	Yop Jirugi
Reverse Knife Hand Strike	Sonkal Dung Taerigi
Back Kick	Dwit Chagi
Foot Shifting	Jajun Bal
Foot Sword	Balkal
Back Sole	Dwi Kumchi
Ball of Foot	Ap Kumchi
Palm	Sonbadak
Reverse Knife Hand	Sonkal Dung

