



What does Green Belt Signify?

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

What is Korean for 3 step sparring and why is it performed?

3 step sparring = Sambo Matsoki

We perform this for Focus, Distance and Timing

When was Tae Kwon-Do introduced to the UK?

1967

What is the Korean translation for 'Release Move'?

Jap Yasol Tae

What is the Green Tag Pattern?

Do San Tul

What is the meaning of Do San Tul and how many movements does it have?

Do San is the pseudonym of the patriot Ahn Ch'ang Ho (1876-1938) who devoted his life to furthering the education of Korea and its independence movement.

24 Movements.

Korean Translations

Outer Forearm Wedging Block
Knife Hand Outward Block
Outer Forearm High Block
Side Kick

Bakat Palmok Hechyo Makgi
Sonkal Bakaero Makgi
Bakat Palmok Nopunde Makgi
Yop Chagi