



Module "Dan Gun" Questions (2011)

	Questions	Answers (Juniors under 12 should understand all the answers but only need to remember the sections in Black font for the grading. Adults and older children need to learn the additional elements in red font)
1	<p>What factors make our blocks and strikes the most powerful they can be?</p> <p>Remember C R A B S S</p>	<p>C—Concentration. 1.The Surface Area of the striking or blocking part of the body affects power. The smaller the surface area the more impactful the technique. 2. Focusing hitting or blocking right on target also increases power.</p> <p>R—Reaction Force. Linked to “Body Weight” and “Speed”, pulling backwards the opposite arm (reaction hand) adds weight and speed to a technique.</p> <p>A— Air Control . Breathing out at the point of impact adds tension to the muscles in the body which adds more power . Stronger than just breathing out is a Kihap or harmonising shout</p> <p>B- Body Weight. The more weight behind a move the more power. We can increase our body weight behind a technique by :- using “Reaction Hand”, Sine Wave and using “some backwards motion or Hip twist at the start ”</p> <p>S—Speed of Movement. The faster we move the more powerful is the technique</p> <p>S—Stance. A firm & balanced base means that power goes to the opponent whereas a weak stance means that the power comes on ourselves, Sir (Ma’am)</p>



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2	What does Tae Kwon- Do mean?	<p>“Tae”- Foot or to kick “Kwon” - Hand or fist, “Do” - The Art or the Way Of Sir/Ma’am</p>
3	What is the name and grade of your Instructor?	Mr / Mrs /Miss (First name) then (Surname) then (Grade) Sir, Ma’am
4	Who founded Tae Kwon-do and when ?	Major General Choi Hong Hi, 9th Dan on the 11th April 1955.. Sir/ Ma’am
5	What is 3 Step sparring and why do we practise it?	It is the introduction to dealing with an actual opponent in a sparring situation. Practising develops proper distancing, stances, forearm conditioning, correct blocks, counter attacks, focus and timing ...Sir/Ma’am
6	What do the following belt colours represent?	<p>White— INNOCENCE, that of a beginner with little or no knowledge of Taekwondo Yellow— the EARTH where a plant takes root and Taekwondo Foundations are laid Green—the GROWTH of the plant as Taekwondo Skills develop</p>
7	How many patterns are there in ITF Taekwondo and why was this number chosen?	<p>General Choi felt that a whole lifetime could be compared to a whole day which has 24 hours in it. 24 patterns were created for each hour of a day. Sir/ Ma’am</p>



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8	Can you Count from 1 to 10 in Korean?	1-hana 2-dool 3-set 4-net 5—tasot 6-yosot 7-ilgop 8-yodol 9-ahop 10-yol
9	What are the 5 tenets of Taekwon-do and what does each one mean?	CIPSI —is a way of remembering the tenets and it is the order that General Choi wanted taekwondo students to think about them. So everything starts with Courtesy. C —Courtesy I —integrity P -perseverance S —Self Control I —Indomitable Spirit
10	How many Moves in Dan Gun pattern	21 moves
11	What does the Dan Gun pattern stand for	Dan Gun is named after the legendary founder of Korea in the year 2333 BC



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12	<p>Pattern Dan Gun has 4 different blocks in it, can you name the blocks.</p>	<p>Mid section Knife Hand Guarding Block</p> <p>Low outer forearm block</p> <p>Twin Forearm Block</p> <p>Rising Block</p>
13	<p>What is meant by Centre line, Shoulder line and Chest line?</p>	<p>-Centre line is an imaginary line that runs down the centre of the body from head to floor</p> <p>-Shoulder line is an imaginary line that runs from the shoulder straight down to the floor</p> <p>-Chest line is an imaginary line that runs half way between the centre line and shoulder line</p>
14	<p>How much weight is on the back leg in an L Stance and why is it called L stance?</p>	<p>70% and it is called L STANCE because the feet point in different directions like the letter "L"</p>
15	<p>What is the Taekwondo Oath?</p>	<p>I shall observe the tenets of Taekwon-do</p> <p>I shall respect the instructor and seniors</p> <p>I shall never misuse Taekwon-do</p> <p>I shall be a champion of freedom and Justice</p> <p>I shall build a more peaceful world</p>