


Questions & Answers

Module Yul-Gok



	Questions	Answers (Juniors under 12 only need to know the sections in red)
1	<p>What do the elements of the South Korean flag symbolise?</p> 	<p>The white background symbolises PURITY and PEACE. The 4 Trigrams have many meanings but the most important are HEAVEN , WATER, EARTH, FIRE. (Heaven is the top left hand corner and moving around the flag clockwise there is Water, Earth and Fire). The red and blue in the centre is the Um-Yang shape (or Yin-Yang in Chinese) and symbolises the BALANCE that is achieved when opposing and complementary forces are embraced. The colour <u>red</u> symbolises the blood of the Korean people flowing into the <u>blue</u> sea during wars to defend their land. Sir/ Ma'am</p>
2	<p>Why do we use open hand blocks such as knifehand or palm hooking block/</p>	<p>1. They extend the reach of the block by up to 10cm compared with using the forearm to block. 2.It allows an easier switch to a grab, hold or throw on the opponent than a closed fist forearm block.</p>
3	<p>What does the name of “Yul Gok” in Yul Gok pattern mean?</p>	<p>YUL-GOK is the pseudonym of a great philosopher “Yi I “ nicknamed the "Confucius of Korea" . Sir (Ma'am)</p>
4	<p>What is the longest pattern up to obtaining my Black Belt?</p>	<p>Yul-Gok pattern with 38 moves is the longest pattern Sir/ Ma'am (the longest pattern in Taekwondo is So-Son with 72 Moves which is a 6th Dan Pattern)</p>
5	<p>What do the Belt colours , white, yellow, green , blue and red represent?</p>	<p>See grading page for answers</p>
6	<p>What part of the foot is used for side piercing kick and side thrust kick</p>	<p>Side piercing kick uses the “footsword” and side thrust kick uses the ball of the foot. Most side kicks use the “footsword”</p>

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7	Why do we practice “breaking” techniques? Juniors—Why is it important to practice techniques with full power on striking pads?	1.They are a safe test that our techniques are being correctly applied. 2. They are a test of our mental strength, courage and perseverance. 3. They build our inner knowledge of how powerful we are becoming which builds self confidence but also warns us to be careful in using our skills A. To check we are doing the moves correctly B. To develop our strength so we can defend ourselves C. To build our confidence Sir/ Ma’am
8	How Many different stances do you know and how are they performed?	Attention Stance, Parallel Stance, Sitting stance, Walking Stance, Fighting Stance, L-Stance, Vertical Stance, Bending Ready Stance, X-Stance, (Closed Stance), (Rear foot Stance), (Fixed Stance) (Low Stance) Sir/ Ma’am
9	What are the Korean commands in sparring for “Bow”, “Get Ready”, “Start” and “ stop sparring/ break apart”?	Bow— Kyong-Ye Get Ready— Junbi Start— Si-jak Break, move apart(in sparring)— Hecho Sir/ Ma’am
10	When Free sparring why do we always acknowledge our partner scoring?	To develop sportsmanship and Integrity. To balance our good competitiveness and desire to win with humility and respect for others. Sir/ Ma’am
11	What do you think is your biggest strength in Martial Arts practice?	No right or wrong answer, just what you feel..... Sir/ Ma’am