

**MODULE SAJU JIRUGI**



	Questions	Answers ( Juniors under 12 only need to know the sections in red)
1	What part of the foot is used to strike when performing a front kick, side kick and hook kick?	Front kick—ball of the foot Side Kick—foot sword ( outside edge of the foot from the heel too before the little toe joint Hook Kick—back of the heel
2	What do the letters i.T.F and W.T.F. stand for ?	I T F stands for International Taekwondo Federation / W T F stands for World Taekwondo Federation. The original association set up by General Choi Hong Hi was the ITF and this is the syllabus followed by Spirit Warrior students
3	What are the 5 tenets of Taekwondo?	Courtesy, Integrity, Perseverance, Self Control, Indomitable Spirit
4	What do the Belt colours , white, yellow and green represent?	See grading page for answers
5	How much weight do we put on the back leg in “L stance”?	70%
6	In “L stance” how wide should the stance be and how long measured in shoulder widths?	One and a half shoulder widths long but 0 shoulder widths wide

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7	Who brought Taekwondo to Britain and when?	Grandmaster Rhee Ki Ha in 1967.
8	Describe how to make a “Parallel Ready Stance”.	Feet Parallel— one shoulder-width wide— arms slightly bent— punching downwards whilst breathing out through the mouth.
9	What is “Waist Twist”?	A twist of the hips / waist when performing a move adds more power. The pelvis is the largest bone in the human body and adding a twist of the waist/hip generates more speed through “torque” in the body and adds more power in a move. The generation of power is similar to when a golfer twists in the opposite direction before driving forwards when hitting a golf ball a maximum distance.
10	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.
11	Describe how to make a “Fighting Stance”.	Feet one shoulder width wide—Feet one shoulder width long— both knees slightly bent—hands in a guard position.