



Module Won-Hyo 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	What are the benefits of practising patterns?	<p>Patterns are practised to improve our Taekwon-do ability. improving:- balance, breath control, precision, speed, body –shifting, flexibility, muscle memory and muscle tone.</p> <p>Once a pattern is known by heart and the sequence is effortless then the practise of the pattern is also a type of moving meditation which brings the added benefits of relaxation and refreshing the mind and body,</p>
2	What does the name of “Won-Hyo” in Won-Hyo pattern mean?	Wyon –Hyo was the noted monk who introduced Buddhism to the Silla Dynasty (Korea) in the year 686AD
3	How many moves are there in Won-Hyo pattern?	28 moves
4	What do the Belt colours , white, yellow and green , blue and red represent?	See grading page for answers
5	Describe what the hand position in closed ready stance “A” represents?	<p>Opposites that working together produce balance like the Yin-Yang, symbol. The hands represent balancing forces. The closed hand represents “Yang-hard-masculine” and the open hand represents “Yin-soft-feminine”. Together the hard and the soft, the yin and Yang create the most effective force, a force of balanced energy</p>



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6	What would be a common target area for a fixed stance side punch?	Lower ribs,
7	How many different stances are there in pattern Won-Hyo and what are they in the order they are performed in the pattern?	Closed Ready Stance A, L-stance, Fixed Stance, Bending Ready Stance, Walking Stance
8	What is the target area for a high section twin vertical punch?	Cheek bones
9	What are the korean terms for stance, kick and block?	Stance—Sogi, Kick—Chagi Block—Makgi
10	Why is our main training suit white?	We wear the same colour when grading to show equality , and white is chosen because it represents purity and peace . Peace with oneself and creating a more peaceful world, by not fighting or preventing fighting, is the the goal of Spirit Warrior Martial Arts. Sir/ ma'am
11	What is the striking part of the foot when performing Kicks to generate maximum poer for a break?	Front Kick—ball of the foot Side Piercing Kick—Footsword Hook Kick— Back of heel Turning Kick—Ball of Foot



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12	What does a “Circular Block” most commonly defend against?	It is designed to combat a fast combination of firstly a kick to the groin and then an attack with a punch to the body
13	What are the meanings for previous patterns Chon ji, Dan Gun and Do-san.	See previous question pages.
14	What are the korean names for the following stances Attention Parallel Sitting Walking L stance Fixed Bending ready Closed Stance	Attention—Charyot Sogi Parallel - Narani Sogi - Sitting—Anun sogi Walking—Gunnun Sogi L stance—Niunja Sogi Fixed— Gojung sogi Bending ready—Goburyo Sogi Closed Stance— Moa Sogi
15	What is Courtesy?	(Your own answer in your own words)

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