

Questions & Answers

Joong-Gun Module



	Questions	Answers (Juniors under 12 only need to know the sections in red)
1	Why do we “measure” before practicing breaking?	“Measuring up” means:- 1. We can check we are striking with the correct part of the body 2. We can rehearse/ practice the move slowly and this helps us perform the correct technique when we move at full speed. 3. We can focus our mind on hitting the line of the break board or target..... Sir/ ma’am
2	Why do we practice “Free Sparring”?	It is not like a real defence situation but it is a valuable exercise to develop our timing, distancing, awareness, movement and quick response time . It is also an enjoyable game and can be an exhilarating sport..... Sir/Ma’am
3	What is the pattern Joong-Gun named after?	The pattern is named after a patriot Ahn Joong-Gun who fought for his country. He demonstrated real courage and was prepared to give his life for what he believed in. He assassinated the Japanese Governor of Korea as part of the resistance movements efforts to bring Korea its Independence. . Sir /Ma’am
4	How many moves in Joong-Gun pattern and why was this number chosen?	The 32 moves refer to his age when he was executed...Sir/ ma’am
5	What do the Belt colours , white, yellow, green , blue and red represent?	See grading page for answers
6	Can you name and point to vital targets on the body ?	Juniors...name 5, Seniors name 10

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7	What is “One Step Sparring” and Why do we practice it?	<p>One step sparring is the most realistic form of sparring and more closely resemble defence in a real life situation. There is no warning of the attack and the attacker is much closer than in “3 step” or “2 Step” sparring.</p> <p>There are 3 stages of “One Step Sparring” :-</p> <ul style="list-style-type: none"> A. Set sequences B. One Step BASIC (attacks are always a punch but create your own defences) C. One Step ADVANCED (Unknown type of attack) Sir/ Ma’am
8	How would you describe making a “Low Stance”?	Weight evenly distributed on both legs. A longer and lower version of “Walking Stance”. Two to two and a half shoulder widths long and one shoulder width wide...Sir/ Ma’am
9	In the pattern Joong-Gun there is a release from a grab move, what is the grab according to General Choi?	The backfist side strike is stopped and a 2 handed grab to the back fist has to be defended against.... Sir/ Ma’am
10	In pattern Joong-Gun can give 2 applications of the Arc Hand U shaped block?	<p>A., Grabbing and removing stick from an attacker</p> <p>B. Using Arc hands to intercept a charging attacker, one hand to the throat and the other to the groin area.... Sir/ Ma’am</p>
11	It what ways has learning Taekwon-do (and other martial arts) affected your life?	Your own answer.... Sir/ Ma’am