

Module Do-San



	Questions	Answers (Juniors under 12 only need to know the sections in red)
1	Describe how to make a “Walking Stance”	<p>A. Your weight is evenly distributed 50% / 50% over each leg.</p> <p>B. The stance is one shoulder width wide. (from the middle of each foot)</p> <p>C. The stance is one and a half shoulder widths long (from the middle of each foot)</p> <p>D. Front leg bent with the knee directly over the heel.</p> <p>E. The back leg straight</p> <p>F. The back leg foot is pointing as forward as possible without being uncomfortable</p> <p>G. The body is “square on” when punching and making rising block</p> <p>H. The body is “half side facing” when making low block ,middle block., High outer forearm block..... Sir/ (Ma'am)</p>
2	What does the name of the pattern “Do-San” signify?	“Do-San” was a nickname for a Korean patriot , Ahn Chang -Ho. “Do-San” means “Beautiful Mountain” and this name was chosen to represent Ahn Chang Ho’s strong belief in non-violent action to restore independence to Korea. Ahn Chang-Ho devoted his entire life to the education of korean people and the Independence movement. Sir (Ma'am)
3	How many moves are there in Do-San pattern?	24 moves , Sir/ Ma'am
4	What do the Belt colours , white, yellow and green represent?	See grading page in manual for answers

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5	What are the 5 tenets of Tae kwon-do	Courtesy, Integrity, Perseverance, Self-Control and Indomitable Spirit Sir/ Ma'am
6	Why do we need to tense our fist tightly when punching?	A. Power can only be correctly transferred through a tense part of the body. If the fist is not tight then the power of the punch is absorbed into our own hand and wrist B. A tense fist flexes the muscles in the forearm protecting us from an injury to the wrist... Sir/ Ma'am
7	Who founded Tae Kwon-do and when ?	Major General Choi Hong Hi, 9th Dan on the 11th April 1955.. Sir/ Ma'am
8	What is the Tae Kwon-do Oath?	See page in manual.
9	When making a “Wedging Block”, why should we keep the fists only one shoulder width apart and away from the body?	If we block and move the arms too wide apart or if they are too close to our body it is difficult to block the potential next attack...Sir/Ma'am
10	What is the “centre -line”	The “centre line” is an imaginary line that runs down the centre of our body and projects towards the attacker. When we punch and do front kick we aim to finish on our “centre-line”..Sir/ Ma'am
11	What is “timing”?	“Timing” is developed by constant practice. It is the ability to perfectly time our blocks so that they stop an attack. If we block too early or too late we can get hit...Sir/ ma'am