

Red belt and Black tag Theory

What is one advantage of L-stance?

What is one advantage of rear foot stance?

How much longer is low stance than walking stance?

What is the sine-wave and why do we use it?

What is continuous motion?

What is connecting motion??

What Do you think you are good enough to hold a black belt (or other grade)? Why?

What would you most like to improve on?

If you are promoted to black belt (or other grade), what then?

What do back belts have a black trim on their dobuk?

What is the significance of having 9 colour belts and 9 Dans?

What is one advantage of L-stance?

The L-stance allows the front leg to be lifted quite easily with only a slight shift of weight to the back leg. This is useful in performing a front kick with the front leg in a very quick manner.

What is one advantage of rear foot stance?

When performing a rear foot stance, it is easy to step away by shifting all the weight to the front leg. Since this leg is already on the ball of the foot the body can be pushed back.

How much longer is low stance than walking stance?

The difference in length between a low stance and a walking stance is one of your own foot length.

What is the sine-wave and why do we use it?

A sine-wave in a mathematical function that when plotted on a graph displays a wave-like pattern. When performing techniques in Taekwon-Do we move in this up and down wave motion to generate force and momentum, making our attack and defence movements more effective. Remember, $\text{force} = \text{mass} \times \text{acceleration}$ and $\text{momentum} = \text{mass} \times \text{velocity}$.

What is continuous motion?

Continuous motion is when two movements are performed on the same count with two distinct sine-waves and one controlled breadth which is slightly emphasised on each of the techniques. An example of continuous motion is in Dan-Gun when the outer forearm low block and rising block are performed in movements 13 and 14.

What is connecting motion?

Connecting motion is when two movements are performed on the same count with only one sine-wave and one breadth. An example of connecting motion is in Yul-Gok when the hooking block and obverse punch are performed in movements 16 and 17, and also in movements 19 and 20.

What is fast motion?

Fast motion is when two movements are performed on the same count with only a half sine-wave in between and two breadths. An example of continuous motion is in Do-San when the two punches in movements 15 and 16, and 19 and 20, are performed after the middle front snap kick.

What does your grade mean to you?

This is a question only you can answer. Think about it, it's worth knowing for yourself, not just for the grading.

Do you think you are good enough to hold a black belt (or other grade)? Why?

As with other questions, this is one for you to answer. Have you trained hard, do you know the material – both physical and theoretical? Do you have the correct mindset and attitude? Again, it's something you should think about. It's not easy to achieve the level of black belt, if it was everyone would have one.

What would you most like to improve on?

Think of the area that you would most like to improve on, maybe a certain pattern or flexibility, maybe a particular technique or a particular leg. Obviously you don't do everything perfectly, so make sure you have a good answer and a reason for it.

If you are promoted to black belt (or other grade), what then?

Again, you must answer this yourself. Was your goal always to just get to black belt and then leave? Or now that you have a black belt do you want to go on and really learn Taekwon-Do? Think about it.

Why do black belts wear a black trim on their dobuk?

In the Orient, royalty wore clothing that was decorated to distinguish them from the common people. In the same way the trim on the dobuk of a black belt student indicates the seniority in grade.

What is the significance of having 9 colour belts and 9 Dans?

In the Orient, the number 3 is the most esteemed number, with the lines of the Chinese character for three representing the heaven, mortals and the Earth. If we multiply three by three we obtain the number nine, the highest single digit, therefore representing the highest ranking belt. Also, if the number nine is multiplied by any other single digit, the digits making up the resulting number add up to nine, again pointing to this number as one of great significance.

In summary, there are four key points to remember:

- The number 3 is the most esteemed number in the Orient.
- The Chinese character for the number 3 is composed of 3 horizontal lines, representing the heaven, mortals and the Earth.
 - Multiplying 3 by 3 gives 9, the highest single digit number, representing the highest ranking belt.
- If 9 is multiplied by any other single digit number, the digits in the resulting number add up to 9, again showing the significance of the number.

Red : Signifies danger, cautioning the student to exercise control, and warning an opponent to stay away.

Hwa-Rang; Meaning of Pattern :

Hwa Rang is named after the Hwa Rang youth group that originated in the Silla dynasty in the early 7th century. The 29 movements refer to the 29th Infantry Division commanded by General Choi in 1953 where Taekwon-Do was developed into maturity.