BLACK BELT QUIZ

1. Please explain the difference between a thrust and a strike.
2. Please explain fully the meaning and context behind the design of the Korean flag
3. Can you please explain the rationale for the starting positions of a side moving back fist strike and a forward moving back fist strike being different?
4. Traditionally, we wear white Doboks, although some clubs do differ. What is the reason for this?
5. You have studied Taekwondo for a great deal of time now and should understand parts of it that more junior belts or younger people may not yet understand. If there was one thing that you would change in training to facilitate better understanding, what would it be?
6. If there was a new technique that you could introduce, could you talk us through it here please?
7. What do the 24 patterns symbolise?