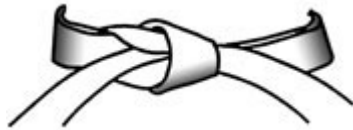


# GTUK



Name: \_\_\_\_\_

STUDENT THEORY PRACTISE

# PERSONAL DETAILS

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Postcode \_\_\_\_\_

Date of birth: \_\_\_\_\_

Training start date: \_\_\_\_\_

Instructors name: \_\_\_\_\_

Instructors grade: \_\_\_\_\_

Club address: \_\_\_\_\_

Club contact tel. no: \_\_\_\_\_

Training times: \_\_\_\_\_

Insurance Renewal month: \_\_\_\_\_

# WHITE BELT - YELLOW TAG

What are the meanings of the belt colours?

White \_\_\_\_\_ Yellow \_\_\_\_\_

Green \_\_\_\_\_ Blue \_\_\_\_\_

Red \_\_\_\_\_ Black \_\_\_\_\_

What is the meaning of TaeKwon-Do? \_\_\_\_\_

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Name the tenets of TaeKwon-Do? \_\_\_\_\_

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What does G.T.U.K. stand for? \_\_\_\_\_

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Who is the president of the G.T.U.K.? \_\_\_\_\_

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What country does TaeKwon-Do come from? \_\_\_\_\_

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Who is the founder of TaeKwon-Do? \_\_\_\_\_

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What other Korean words do you know? \_\_\_\_\_

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# YELLOW TAG - YELLOW BELT

What is your pattern name? \_\_\_\_\_

How many movements does it have? \_\_\_\_\_

What is the meaning of your pattern? \_\_\_\_\_

\_\_\_\_\_

What is the word for stance in Korean? \_\_\_\_\_

\_\_\_\_\_

What is the word for kick in Korean? \_\_\_\_\_

\_\_\_\_\_

What is the word for block in Korean? \_\_\_\_\_

\_\_\_\_\_

Count to five in Korean: One \_\_\_\_\_ Two \_\_\_\_\_

Three \_\_\_\_\_ Four \_\_\_\_\_ Five \_\_\_\_\_

What is your training suit called? \_\_\_\_\_

What is your training hall called in Korean? \_\_\_\_\_

What other Korean words do you know? \_\_\_\_\_

\_\_\_\_\_

# YELLOW BELT – GREEN TAG

What is your pattern name? \_\_\_\_\_

How many movements does it have? \_\_\_\_\_

What is the meaning of your pattern? \_\_\_\_\_

\_\_\_\_\_

Name a block for your grade in Korean \_\_\_\_\_

\_\_\_\_\_

Name a kick for your grade in Korean \_\_\_\_\_

\_\_\_\_\_

Name a stance for your grade in Korean \_\_\_\_\_

\_\_\_\_\_

What is your jacket called in Korean? \_\_\_\_\_

\_\_\_\_\_

What are your trousers called in Korean? \_\_\_\_\_

\_\_\_\_\_

What is your belt called in Korean? \_\_\_\_\_

\_\_\_\_\_

What is the time and date of your grading? \_\_\_\_\_

\_\_\_\_\_

# GREEN TAG - GREEN BELT

What is your pattern name? \_\_\_\_\_

How many movements does it have? \_\_\_\_\_

What is the meaning of your pattern? \_\_\_\_\_

\_\_\_\_\_  
Name the word for pattern in Korean! \_\_\_\_\_

Name 2 blocks for your grade in Korean! \_\_\_\_\_

\_\_\_\_\_  
Name a hand part in Korean! \_\_\_\_\_

\_\_\_\_\_  
Name 1 kick for your grade in Korean! \_\_\_\_\_

\_\_\_\_\_  
Name a foot part in Korean! \_\_\_\_\_

\_\_\_\_\_  
Name 2 stances for your grade in Korean! \_\_\_\_\_

\_\_\_\_\_  
What other Korean words do you know? \_\_\_\_\_

# GREEN BELT - BLUE TAG

What is your pattern name? \_\_\_\_\_

How many movements does it have? \_\_\_\_\_

What is the meaning of your pattern? \_\_\_\_\_

What is bending stance in Korean? \_\_\_\_\_

What is circular block in Korean? \_\_\_\_\_

What is fixed stance in Korean? \_\_\_\_\_

Name 2 foot parts for your grade in Korean! \_\_\_\_\_

What are a Sabumnim gae and a Je ja? \_\_\_\_\_

What is the Korean word for free sparring? \_\_\_\_\_

What other Korean words do you know? \_\_\_\_\_

# BLUE TAG – BLUE BELT

What is your pattern name? \_\_\_\_\_

How many movements does it have? \_\_\_\_\_

What is the meaning of your pattern? \_\_\_\_\_

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Name 4 stances in Korean! \_\_\_\_\_

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---

Name 2 body parts in Korean! \_\_\_\_\_

---

Name 2 hand parts in Korean! \_\_\_\_\_

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What is the Korean for hooking block? \_\_\_\_\_

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What is the Korean for flying? \_\_\_\_\_

What is the difference between jumping and flying kick? \_\_\_\_\_

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What other Korean words do you know? \_\_\_\_\_

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# BLUE BELT - RED TAG

What is your pattern name? \_\_\_\_\_

How many movements does it have? \_\_\_\_\_

What is the meaning of your pattern? \_\_\_\_\_

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What is pressing block in Korean? \_\_\_\_\_

---

What is upward palm block in Korean? \_\_\_\_\_

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What is twin upset punch in Korean? \_\_\_\_\_

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What is banjayoo mat sogi? \_\_\_\_\_

---

What is moa sogi? \_\_\_\_\_

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What is the Korean word for reverse? \_\_\_\_\_

---

What other Korean words do you know? \_\_\_\_\_

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# RED TAG - RED BELT

What is your pattern name? \_\_\_\_\_

How many movements does it have? \_\_\_\_\_

What is the meaning of your pattern? \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Name 3 fingertip thrusts in Korean! \_\_\_\_\_

\_\_\_\_\_

What is pushing block in Korean? \_\_\_\_\_

\_\_\_\_\_

What is W shape block in Korean? \_\_\_\_\_

\_\_\_\_\_

What is wi palkup? \_\_\_\_\_

\_\_\_\_\_

Write down the commands used during a lesson and their meanings!

\_\_\_\_\_

\_\_\_\_\_

What is the word in Korean for power/ destruction? \_\_\_\_\_

\_\_\_\_\_

What other Korean words do you know? \_\_\_\_\_

\_\_\_\_\_

# RED BELT - BLACK TAG

What is your pattern name? \_\_\_\_\_

How many movements does it have? \_\_\_\_\_

What is the meaning of your pattern? \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

How many patterns are there in TaeKwon-Do? \_\_\_\_\_

Name 5 kicks in Korean! \_\_\_\_\_

\_\_\_\_\_

Name 5 blocks in Korean! \_\_\_\_\_

\_\_\_\_\_

Name 5 stances in Korean! \_\_\_\_\_

\_\_\_\_\_

Explain why there are 3 different moa sogis? \_\_\_\_\_

\_\_\_\_\_

Why do black belts have a black stripe on the bottom of their suit jacket?

\_\_\_\_\_

\_\_\_\_\_

What is the time and date of your grading? \_\_\_\_\_

\_\_\_\_\_

# BLACK TAG - **BLACK BELT**

What is your pattern name? \_\_\_\_\_

How many movements does it have? \_\_\_\_\_

What is the meaning of your pattern? \_\_\_\_\_

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What is the date, time & location of your black belt grading? \_\_\_\_\_

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Keep this page as a notes page to jot down information for your thesis!





## Other Activities and Achievements

Use this page to attach newspaper clippings of things you have been involved in, or write a bit about something different you have done connected to TaeKwon-Do. e.g. if you have been on the float, or have attended a summer camp or been part of a demonstration.