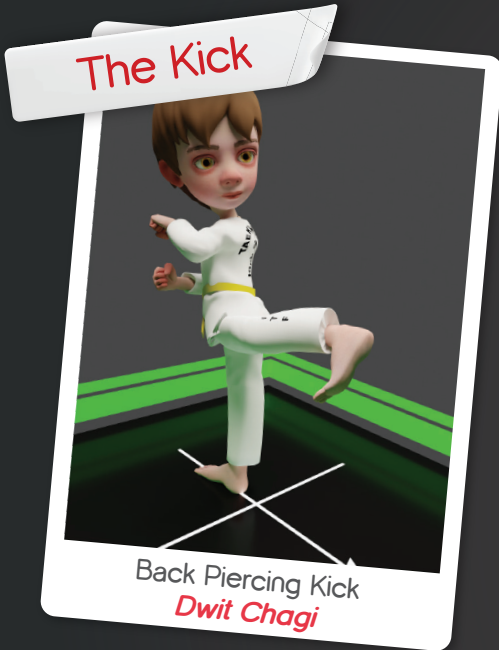


06 | EXAM THEORY FROM GREEN BELT TO GREEN BLUE



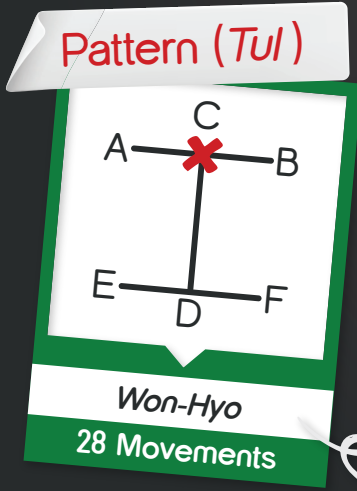
DID YOU KNOW?

You can find all the movements in 360 degrees animation in our Youtube channel.

SCAN THE CODE BELOW



FIND US ON YouTube



Theory



COMPOSITION OF TAEKWON-DO

Taekwon-do is composed of:

1. Fundamental movements.
2. Patterns
3. Face to face training
4. Training with accessories
5. Self-defense and sparring

Fundamental movements are necessary for sparring and patterns while both patterns and sparring are indispensable for the perfection of fundamental movements. The pattern actually places the student in a hypothetical situation where he must avail himself to defense, counter-attack and attack motions against several opponents. Face to face training is used to master techniques and test fundamental movements and techniques learned through patterns. Training with accessories gives stamina, focus, resistance and power. Self defense and sparring are the combination of all of the above.

WON-HYO: Was the noted monk who introduced buddhism to the Silla dynasty in the year of 686 A.D.