



RED BELT TERMINOLOGY



1. What is the season of the Red Belt? **Summer**
2. Name Pyong Ahn Hyungs (first to last).

Pyong Ahn Cho Dan
Pyong Ahn E Dan
Pyong Ahn Sam Dan
Pyong Ahn Sa Dan
Pyong Ahn O Dan

For the next three questions, use the table below or research on your own.

3. Give two names for your high form.
4. What is the meaning?
5. Who created it?

RANK	HIGHEST FORM	ALTERNATE NAME	MEANING	CREATOR
3RD GUP	Pahl Che So	Bassai So	Lesser Selection of the Best Choice	Anko Itosu
2ND GUP	Pahl Che Dae	Bassai Dae	Greater Selection of the Best Choice	Sokon Bushi Matsumura
1ST GUP	Kee Mah Hyung Cho Dan	Naihanchi Cho Dan	Iron Horse Form #1	Unknown. Believed that Matsumura brought it back from China

6. Show and explain one application of your new form.
7. What is the translation of "Wan Gup"? **Speed Control**
8. What is the translation of "Chung Sin Tong IL"? **Concentration; The mind and body as one.**
9. What is the translation of "Kyum Son"? **Humility**
10. Give 6 Korean Names for body parts (2 upper, 2 middle and 2 lower body).
Anatomy can be found in your ITF Manual.