

# Red Stripe Theory

**Q - What is Low in Korean?**

**A - Najunde**

**Q - What is Middle in Korean?**

**A - Kaunde**

**Q - What is High in Korean?**

**A - Nopunde**

**Q - What is Obverse Punch in Korean?**

**A - Baro Jirugi**

**Q - What is Reverse Punch in Korean?**

**A - Bandae Jirugi**

# Red Stripe Theory

**Q - What is Forwards in Korean?**

**A - Apro Kaggi**

**Q - What is Backwards in Korean?**

**A - Dwiyro Kaggi**

**Q - What is Forefist in Korean?**

**A - Ap Joomuk**

**Q - What is Forearm in Korean?**

**A - Palmok**

**Q - What is Inner Forearm Block in Korean?**

**A - An Palmok Makgi**

# Red Stripe Theory

**Q - What is Outer Forearm Block in Korean?**

**A - Bakat Palmok Makgi**

**Q - What is Side Rising Kick in Korean?**

**A - Yop Chaolligi**

**Q - What are the Five Tenets of Tae Kwon Do?**

**A - Courtesy, Integrity, Perseverance, Self Control, Indomitable Spirit**