

WHITE BELT – 10th KUP

QUESTIONS & ANSWERS

- What does Taekwon-Do literally mean?
- Who is the father and founder of Taekwon-Do?
- In which country did Taekwon-Do originate?
- When was Taekwon-Do officially recognised?
- What are the 5 tenets of Taekwon-Do?
- What does a white belt signify?
- What is the title given to a 7th or 8th degree black belt?
- What is the title given to a 9th degree black belt?
- What is the Korean term for Instructor?
- What are the Korean terms for the following stances?
- Attention Stance
- Parallel Stance
- Sitting Stance
- Walking Stance
- Name the 3 sections of the body in Korean.
- What are the Korean terms for the following attacking or defensive tools?
- Forefist
- Knifehand
- Inner Forearm
- Outer Forearm
- Ball of the Foot
- What are the Korean terms for?
- 4 Direction Punch
- 4 Direction Block
- The art of hand and foot.
 - Grand Master General Choi Hong Hi 9th Dan.
 - Korea.
 - 11th April 1955.
 - Courtesy; Integrity; Perseverance; Self control; Indomitable Spirit
 - Innocence - as the beginner who has no previous knowledge of Taekwon-Do.
 - Master (Sahyun).
 - Grand Master (Saseong).
 - Sabum.
 - Charyot Sogi
 - Narani Sogi
 - Annun Sogi
 - Gonnun Sogi
 - Nopunde (High); Kaunde (Middle); Najunde (Low).
 - Ap Joomuk
 - Sonkal
 - An Palmok
 - Bakat Palmok
 - Apkumchi
 - Saju Jirugi
 - Saju Makgi

What are the Korean terms for the following techniques?

- Middle Punch ➤ Kaunde Jirugi
- Outer Forearm Low Block ➤ Bakat Palmok Najunde Makgi
- Knifehand Low Block ➤ Sonkal Najunde Makgi
- Inner Forearm Middle Block ➤ An Palmok Kaunde Makgi
- Outer Forearm High Block ➤ Bakat Palmok Nopunde Makgi
- Outer Forearm Rising Block ➤ Bakat Palmok Chookyo Makgi
- Front Snap Kick ➤ Ap Cha Busigi

What are the definitions of:

- a High Block? ➤ A high block is when the fist or fingertip reaches the same level of the defender's eyes.
- a Middle Block? ➤ A middle block is when the fist or fingertip reaches the same level of the defender's shoulder.
- a Low Block? ➤ A low block is a block that defends against an attack aimed at the lower abdomen or points below

GRADING SYLLABUS

BASIC TECHNIQUES

- | | |
|--|---------------------------|
| 1) Sitting Stance Middle Punch | x 10 |
| 2) Front Snap Kick & Walking Ready Stance | Forward x 4, Backward x 4 |
| 3) Walking Stance Middle Punch | Forward x 4, Backward x 4 |
| 4) Walking Stance Inner Forearm Middle Block | Forward x 4, Backward x 4 |
| 5) Walking Stance Outer Forearm Low Block | Forward x 4, Backward x 4 |
| 6) Walking Stance Outer Forearm High Block | Forward x 4, Backward x 4 |
| 7) Walking Stance Outer Forearm Rising Block | Forward x 4, Backward x 4 |

PATTERNS

- 4 Directional Punch
- 4 Directional Block

THEORY