



POSSIBLE GENERAL QUESTIONS

(Please note most of these require your personal answer)

- Q, Why do you train in TKD.
- Q, What is your favourite aspect in TKD.
- Q, What is the difference between TKD and a sport.
- Q, What is the difference between a coloured belt and a black belt.
- Q, What is the difference between a 1st Dan and a 2nd-3rd-4th and 5th Dan.
- Q, What is the difference between ITF and WTF TKD.
- Q, Why do you want to be a Black Belt-2nd Dan ect.
- Q, Why do you learn the meanings of patterns.
- Q, What inspiration do you draw from (Choong Moo ect).
- Q, What qualities do you feel you have acquired from TKD.
- Q, What qualities do you get from your instructor.
- Q, What qualities would you say a child would gain from TKD.
- Q, Give me a example of integrity, indomitable spirit ect.
- Q, Give me 9 target areas on the back of the body. →
- Q, Why do we strike to the floating rib.
- Q, What do we gain from 3 step sparring and 2 step sparring.
- Q, Why do we practice 3 step semi free sparring.
- Q, Why do we practice 1 step sparring.
- Q, If you pass this grading what is your next goal in TKD.
- Q, Why do we use breaking techniques.

TOP OF HEAD
BASE OF SKULL
BETWEEN SHOULDER BLADES
SPINE
ELBOWS
KIDNEYS
COCCYX
BACK OF KNEE
ACHILLES TENDON

Go through them then please feel free to discuss any of the above with me.