

Theory for beginner and 10th kup

Questions

1. What does Tae Kwon-Do literally mean?
2. Who is the Father and founder of Tae Kwon-Do?
3. In which country did Tae Kwon-Do originate?
4. When was Tae Kwon-Do officially recognised?
5. What are the 5 tenets of Tae Kwon-Do?
6. What does White Belt signify?
7. What is the title given to a 7th or 8th Degree Black Belt?
8. What is the title given to a 9th Degree Black Belt?
9. What are the Korean terms for the following stances?
 - A. Attention Stance
 - B. Parallel Stance
 - C. Sitting Stance
 - D. Walking Stance
10. Name the 3 sections of the body in Korean?
11. What are the Korean terms for the following?
 - A. Forefist
 - B. Knifehand
 - C. Inner Forearm
 - D. Outer Forearm
12. What are the Korean terms for the following techniques?
 - A. Middle Punch
 - B. Outer Forearm Low Block
 - C. Knifehand Low Block
 - D. Inner Forearm Middle Block
13. What are the Korean terms for?
 - A. 4 Direction Punch?
 - B. 4 Direction Block?
14. How do you define the following techniques?
 - A. A Middle Block
 - B. A Middle Punch

Answers

1. The Art of Hand and Foot
2. Grand Master General Choi Hong Hi 9th Dan
3. Korea
4. April 11th 1955
5. Courtesy
Integrity
Perseverance
Self Control
Indomitable Spirit
6. Innocence – as the beginner who has no previous knowledge of Tae Kwon-Do
7. Master (Sahyun)
8. Grand Master (Saseong)
9. A) Charyot Sogi
B) Narani Sogi
C) Annun Sogi
D) Gunnun Sogi
10. A) Nopunde (High)
B) Kaunde (Middle)
C) Najunde (Low)
11. A) Ap Joomuk
B) Sonkal
C) An Palmok
D) Bakat Palmok
12. A) Kaunde Jirugi
B) Bakat Palmok Najunde Makgi
C) Sonkal Najunde Makgi
D) An Palmok Kaunde Makgi
13. A) Saju Jirugi
B) Saju Makgi
14. A) A block with the fist or fingertips at shoulder level
B) A punch with the fist at shoulder level