

# Portarlinton Taekwon do



## Theory Test

White belt 10<sup>th</sup> Kup

Consult your student handbook

1. Where does Taekwon Do originate?
2. Who is the founder of Taekwon Do?
3. What do the words “Tae kwon Do” Mean?
4. What are the tenets of Taekwon Do?
5. Name the four stances for white belt?
6. How wide is Parallel Stance?
7. How wide is Sitting Stance?
8. What is the weight distribution in Sitting Stance?
9. How Long and how wide is Walking Stance?
10. What is the weight distribution in Walking Stance?
11. What part of the fist is used to punch?
12. What is the blocking tool for Low Block and Rising Block?
13. What is the blocking tool for Middle Block?
14. What does the colour White mean for your belt?
15. Portarlinton Taekwon Do school is a part of the I.N.T.A. What does I.N.T.A. stand for?

Students must learn Korean terminology to the best of your ability