

Portarlington Taekwon do



Theory Test

Blue belt 4th Kup

Consult your student hand book

1. When bowing to a senior grade, what is the correct protocol?
2. What do “I.N.T.A.”, “I.T.F.” & “A.E.T.F.” stand for?
3. On What date was the “I.T.F.” formed?
4. What are the new techniques/ Stances in Joong Gun? (There are 7)
5. What are the Blocking/ Striking tools for these new techniques?
6. What is the meaning of Joong Gun?
7. How Many Movements are in Joong Gun?
8. What does the colour Red mean for your belt?
9. What are the meanings of previous patterns/ How many movements?
10. What are the length and width all your Stances, What is the weight distribution?
11. What is “slipping the foot”?
12. What is the weight distribution in rear foot stance?
13. What is a “Front-Side kick”?
14. At what line of the body does angle punch finish?
15. What is the purpose of 1-Step sparring?

Students must learn Korean terminology to the best of your ability