

# Portarlington Taekwon do



## Theory Test

Yellow belt 8<sup>th</sup> Kup

### Consult your student hand book

1. On what date was Taekwon Do official recognised?
2. Who is the President of the I.N.T.A.?
3. What is the Striking tool for Front Snap Kick?
4. What is Front Snap Kick in Korean?
5. What do the Tenets of Taekwon Do Mean?
6. What are the new techniques in Dan Gun? (There are 3)
7. What are the Blocking/ Striking tools for these new techniques?
8. What is Sine Wave movement and what is its purpose?
9. What is the meaning of Dan Gun?
10. How Many Movements are in Dan Gun?
11. What are the new techniques in 3- Step? (There are 3)
12. What are the Blocking/ Striking tools for these new techniques?
13. What does the colour Green mean for your belt?
14. What is the meaning of Chon Ji?
15. How Long and how wide is Walking Stance, What is the weight distribution?

Students must learn Korean terminology to the best of your ability