

Portarlinton Taekwon do



Theory Test

Yellow tip 9th Kup

Consult your student hand book

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. What is L-Stance called in Korean?
6. How long is L-Stance Stance?
7. What is the weight distribution in L-Stance?
8. What is the Blocking tool for Low Knife-hand Block?
9. What is Continuous Motion?
10. What is the meaning of Chon Ji?
11. How Many Movements are in Chon Ji?
12. What is the blocking tool for Middle Block?
13. What does the colour Yellow mean for your belt?
14. What is Sine Wave movement and what is its purpose?
15. The I.N.T.A. is part of the I.T.F. What does I.T.F. stand for?

Students must learn Korean terminology to the best of your ability