



Questions For Grading

1. When a high side kick is performed without a target, at what level should the kick finish? **Level with the front shoulder**
2. What are the 5 lines of the body? **(1) Centre, (2) Left & (3) Right chest line, (4) Left & (5) Right shoulder line**
3. What are the 3 levels of the body? **Eye, Middle & Low**
4. What are the new techniques/ Stances in Yul-Gok? **(There are 5)**

1	Hooking Block	4	Twin Knife Hand Block
2	Front Elbow Strike	5	X/Stance
3	Double Forearm Block		

5. What are the Blocking/ Striking tools for these new techniques?
Arc of the Hand, Elbow, Outer Forearm, Blade of the Hand.
6. What is the meaning of Yul-Gok? **Yul-Gok is the pseudonym of the great philosopher and scholar Yi I (1536-1584). Nick named the "Confucious of Korea" The pattern consists 38 movements to represent his birthplace on latitude 38 and the diagram represents scholar.**
7. How Many Movements are in Yul-Gok? **There are 38 movements.**
8. What does the colour Blue mean for your belt? **Signifies a towering tree as training in Taekwon-Do progresses.**
9. What are the meanings of previous patterns/ How many movements?
As per previous grading questions!!
10. What are the length and width of the new Stance?, What is the weight distribution? **X/Stance is performed in a jumping motion and is a preparatory stance for the next movement. Weight is rested on the landing leg whether it is right or left.**
11. What is the purpose of Step Sparring? **To exercise distance and correct blocking.**
12. What is Connecting Motion? **2 techniques, 1 sine wave, 1 breath (at the end of the 2nd technique). Movements: 16 & 17, 19 & 20**
13. What is Fast Motion? **When performing 2 punches in fast motion the rear leg must be completely straight when performing the second punch. Movements: 2 & 3, 5 & 6, 9 & 10, 13 & 14.**