



### Questions For Grading

- When a middle side kick is performed without a target, at what level should the kick finish? **Level with the front shoulder**
- What are the 5 vertical lines of the body?  
**(1)Centre, (2)Left and (3)Right chest, (4)Left and (5)Right shoulder.**
- What is the distance between the hands & face in Moa Sogi A?  
**30cms from the philtrum**
- What are the new tech. / Stances in Won-Hyo? **(There are 6)**

1	<b>Inward Knife Hand Strike</b>	4	<b>Circular Block</b>
2	<b>Bending Ready Stance</b>	5	<b>Fixed Stance</b>
3	<b>Side Punch</b>	6	<b>Side Piercing Kick</b>
- What are the Blocking/ Striking tools for these new techniques?  
**Blade of the Hand, Outer Forearm, Fore Fist, Inner Forearm, Foot Sword.**
- What is the meaning of Won-Hyo? **Won-Hyo was the noted monk who introduced Buddhism to the Silla Dynasty in 686 A.D.**
- How Many Movements are in Won-Hyo? **There are 28 movements**
- What does the colour Blue mean for your belt? **Signifies a towering tree as training in Taekwon-Do progresses.**
- What is the meaning of previous patterns/ how many movements? **As per previous Grading Questions!!**
- What are the length and width of your new Stances? What is the weight distribution for them?
 

	<b>Fixed Stance</b>	<b>Bending Ready Stance</b>
<b>Length</b>	<b>Shoulder and a half length</b>	-
<b>Width</b>	<b>2.5cms in width</b>	-
<b>Notes</b>	<b>Feet turned 15 deg</b>	
<b>Weight</b>	<b>Weight ratio is 50/50</b>	<b>100% weight is on the standing leg</b>
- What is the purpose of Step sparring? **To exercise distance and correct blocking.**
- What is the point system for free sparring? **Punch, whether to the body or the head is 1 point, kick to the body whether standing or jumping is 2 points, kick to the head whether standing or jumping is 3 points.**
- Who is the president of the I.T.F? **Grand Master Paul Weiler – 9<sup>th</sup> Dan**