



*Questions For Grading*

1. Where does Taekwon Do originate?

**Korea**

2. Who is the founder of Taekwon Do?

**General Choi Hong Hi**

3. What does the words "Tae kwon Do" Mean?

**Art of the foot and hand**

4. What are the tenets of Taekwon Do?

**1: Courtesy**

**2: Integrity**

**3: Perseverance**

**4: Self Control**

**5: Indomitable Spirit**

5. Name the four stances for white belt?

**1: Attention Stance**

**2: Parallel Ready Stance**

**3: Sitting Stance**

**4: Walking Stance**

6. How wide is Parallel Ready Stance?

**A shoulder width wide**

7. How wide is Sitting Stance?

**A shoulder and a half in width**

**8. What is the weight distribution in Sitting Stance?**

**50%/50% on each leg**

**9. How long and how wide is Walking Stance?**

**One and a half shoulders in length and one shoulder width wide**

**10. What is the weight distribution in Walking Stance?**

**50% on the front leg, 50% on the back leg**

**11. What part of the fist is used to punch?**

**First and second knuckle**

**12. What is the blocking tool for Low Block and Rising Block?**

**The outer forearm**

**13. What is the blocking tool for Middle Block?**

**The inner forearm**

**14. What does the colour White mean for your belt?**

**Signifies innocence as that of a beginning student who has no previous knowledge of Taekwon-Do**

**15. What is suit in Korean?**

**Dobok**

**16. What is the training hall in Korean?**

**Dojang**

**17. What is your Examiners name? **Master Paul Delea – 8<sup>th</sup> Dan****