



Questions For Grading

1. When leading the class to bow to the Instructor, what is the correct title for 1st – 3rd Deg, 4th – 6th Deg, 7th – 8th Deg, 9th Deg?

1st – 3rd Deg	Boosabum
4th – 6th Deg	Sabum
7th – 8th Deg	Sahyun
9th Deg	Sasung

2. Explain Sine Wave motion?

The body should relax at the beginning of all movements. The centre of gravity is raised allowing for the creation of potential energy which can be converted to kinetic (in movement) energy by dropping, thus increasing the power of the technique. Relaxing, raising and dropping the body weight to increase power.

3. What is the definition of sliding motion? **It is for covering a long distance in one smooth motion. It is mainly performed with L-and rear foot stances, though occasionally a sitting or fixed stance. Movements 6 & 25**

4. What are the new techniques/ Stances in Hwa Rang? **(There are 6)**

1	Palm Pushing Block	4	L-Stance Reverse Punch
2	Upward Punch	5	Side Front Block
3	Vertical Stance	6	Downward Knife Hand Strike

5. What are the Blocking/ Striking tools for these new techniques?

1	Palm	4	First Two Knuckles
2	First Two Knuckles	5	Inner Forearm
3	Blade of the Hand		

6. What is the meaning of Hwa-Rang? **Hwa-Rang is named after the Hwa-Rang youth movement which originated in the silla dynasty in the early 7th century. The 29 movements represent the 29th infantry division in which Taekwon-Do developed into maturity.**

7. How Many Movements are in Hwa Rang? **There are 29 movements.**

8. At what level should the fist finish with an upward punch? **Eye level**

9. What does Black Belt mean? **Black is the opposite of white therefore signifying the wearer's maturity and proficiency in Taekwon-Do. It also signifies the wearer's imperviousness to darkness and fear.**

10. What are the meanings of previous patterns / how many movements?
As per previous grading questions!!

11. What is the length/ weight distribution in Vertical stance?

	Vertical Stance
Length	One shoulder width
Width	-
Notes	Toes of both feet pointing 15 deg inward
Weight	60/40

12. What does "pulling the foot mean? Moving from a longer stance to a shorter stance. Movements 11 & 12.

13. What defines when a stance is a left or right stance? The leg bearing the most weight. If weight distribution is 50/50 it is determined by the front leg.

14. What are the 6 key elements for the theory of power? Breath control, Mass, Speed, Equilibrium, Concentration, Reaction Force.