



Questions For Grading

1. When bowing to a senior grade, what is the correct protocol? **Stand at attention bow to the Senior Grade keep your head down until the Senior raises theirs.**
2. What do "I.T.A.", "I.T.F." & "A.E.T.F." stand for?
(I.T.A) Irish Taekwon-Do Association
(I.T.F) International Taekwon-Do Federation
(A.E.T.F) All Europe Taekwon-Do Federation
3. On what date was the "I.T.F." formed? **22nd March 1966**
4. What are the new techniques/ Stances in Joong Gun? **(There are 7)**

1	Reverse Knife Hand Block	7	X/Fist Rising Block
2	Upward Palm Block	8	Twin Fore Fist Punch
3	Upward Elbow Thrust	9	Twin Upset Punch
4	Twin Fist High Vertical Punch	10	U-Shaped Block
5	Angle Punch	11	Rear Foot Stance
6	Palm Pressing Block	12	Low Stance

5. What is the meaning of Joong-Gun? **Joong-Gun is named after the great Patriot Ahn Joong Gun who assassinated Hiro Bumi Ito who was the first Japanese Governor General of Korea known as the man who played the leading part in the Korean-Japan merger. The 32 movements represent Mr Ahn's age when he was executed in a Lui Shung Prison (1910)**
6. How many movements are in Joong Gun? **There are 32 movements.**
7. What does the colour Red mean for your belt? **Signifies danger, cautioning the student to exercise control and warning the opponent to stay away.**
8. What are the meanings of previous patterns / how many movements?
As per previous grading questions!!

9. What are the length and width of new Stances, What is the weight distribution?

	Low Stance	Rear Foot Stance
Length	Shoulder and a half length (Foot longer than walking stance).	1 Shoulder width (measured from the outside of each foot)
Width	Shoulder width	-
Notes	Measured from heel of Front Foot. (Walking stance is measured from the Toe of the front foot)	Keep the toes of front foot pointing about 25 degrees and the toes of the rear foot about 15 degrees inward
Weight	50/50	90 on Back Leg / 10 on Front

10. What is "slipping the foot"? **Moving from a shorter stance to a longer stance. as in movements 15 & 18.**

11. What is the weight distribution in rear foot stance? **90/10.**

12. What is a "Side Front-Side kick"?

A front kick to the side as in movement 2 & 5.

13. At what line of the body does angle punch finish? **Opposite chest line.**