



Questions For Grading

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

4. What are the new tech. / Stances in Won-Hyo? **(There are 7)**

1	Inward Knife Hand Strike	5	Circular Block
2	Bending Ready Stance	6	Fixed Stance
3	Side Punch	7	Side Piercing Kick
4	Forearm Guarding Block		

5. What are the Blocking/ Striking tools for these new techniques?
Blade of the Hand, Outer Forearm, Fore Fist, Inner Forearm, Foot Sword.
6. What is the meaning of Won-Hyo? **Won-Hyo was the noted monk who introduced Buddhism to the Silla Dynasty in 686 A.D.**
7. How Many Movements are in Won-Hyo? **There are 28 movements**
8. What does the colour Blue mean for your belt? **Signifies the heaven toward which the plant matures into a towering tree as training in Taekwon-Do progresses.**
9. What is the meaning of previous patterns/ how many movements? **As per previous Grading Questions!!**
10. What are the length and width of your new Stances? What is the weight distribution for them?

	Fixed Stance	Bending Ready Stance
Length	Shoulder and a half length	-
Width	2.5cms in width	-
Weight	Weight ratio is 50/50	100% weight is on the standing leg
Notes	Similar to L Stance except for the weight ratio as above and the length is measured between the two big toes.	-

11. What is the purpose of Step sparring? **To exercise distance and correct blocking.**

12. **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.**
13. **Who is the president of the I.T.F? Grand Master Paul Weiler – 9th Dan**