



Questions For Grading

1. On what date was Taekwon Do officially recognised?

Monday 11th April 1955

2. Who is the President of the I.T.F.? **Grand Master Paul Weiler – 9th Dan**

3. What do the Tenets of Taekwon Do Mean?

1/Courtesy: Politeness and Mutual Respect.

2/Integrity: Honesty.

3/Perseverance: Never give up.

4/Self Control: Calmness.

5/Indomitable Spirit: A Good Attitude.

4. What are the new techniques in Do San? (There are 4)

1. Outer Forearm Block

2. Wedging Block

3. Straight Finger Tip Thrust

4. Back Fist

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

1 & 2 First third of the outer forearm

3. First three fingers

4. First two knuckles

6. What is the meaning of Do-San?

It is the pseudonym of the patriot Ahn Chang-Ho (1876-1938) the 24 movements represent his entire life which he devoted to furthering the education of Korea and its independence movement.

7. How Many Movements are in Do-San?

There are 24 movements

8. What does the colour Green mean for your belt?

Signifies the plant's growth as Taekwon-Do skills begin to develop.

9. What is the meaning of Chon-Ji / Dan-Gun?

Chon-Ji: Means literally "the Heaven the Earth". It is, in the Orient, interpreted as the creation of the world or the beginning of human history, therefore, it is the initial pattern played by the beginner. This pattern consists of two similar parts; one to represent the Heaven and the other the Earth.

Dan-Gun: It is named after the Holy Dan Gun the legendary founder of Korea in the year 2333bc

10. What are the Length / Width / Weight distribution of all your Stances?

STANCE	LENGTH	WIDTH	WEIGHT DIST
Walking	Shoulder and a half length	Shoulder width	50/50
Sitting		Shoulder and a half	50/50
Parallel ready stance		Shoulder width	50/50
L-stance	Shoulder and a half in length NOTE: L Stance is measured from the outside of the rear foot (Foot Sword) to the Big toe of the Front Foot.	2.5 cms in width, from the big toe of the front foot to the heel of the front foot. The toes of both feet should turn approx 15 deg inwards.	70 on the back leg / 30 on the front

11. What is the Striking tool for Side piercing kick?

Foot sword / Bakal

12. What is the Striking tool for Turning kick?

Ball of the foot / Apkumchi

13. What is the angle to the target for Middle turning kick?

45 Degrees

14. What is Fast Motion?

Fast motion is when two techniques are performed with two breaths and one and a half sine waves (Down Up Down, Up Down)