



### Questions For Grading

1. On what date was Taekwon Do officially recognised? **Monday 11<sup>th</sup> April 1955**
2. Who is the Current President of the I.T.A.? **Grand Master Kenneth Wheatley (9th Dan)**
3. What is the Striking tool for Front Snap Kick? **The ball of the foot**
4. What is Front Snap Kick in Korean? **Apcha Busugi**
5. 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: Good Attitude.**
6. What are the new techniques in Dan-Gun? (There are 4)
  - 1 - **Rising Block**
  - 2 - **Twin Forearm Block**
  - 3 - **Knife Hand Guarding Block**
  4. - **Knife Hand Strike**
7. What are the Blocking/ Striking tools for these new techniques? **Outer Forearm (Rising Block & Twin Forearm Block), Blade of the Hand (Knife Hand Guarding Block).**
8. What is the meaning of Dan-Gun? **It is named after the Holy Dan Gun the legendary founder of Korea in the year 2333bc.**
9. How Many Movements are in Dan-Gun? **There are 21 Movements.**
10. What does the colour Green mean for your belt? **Signifies the plant's growth as Taekwon-Do skills begin to develop.**
11. What is the meaning of 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.**
12. How long and how wide is Walking Stance? **One and a half shoulder in length and one shoulder in width.**

**13. What is the weight distribution of Walking Stance? 50% on the front leg, 50% on the back leg.**