
1) Who is the father and founder of Taekwon-Do? (Circle the right answer/s)

(a) Grandmaster Hwang Kwang Sung
(b) Grand Master Flash
(c) Grandmaster Rhee Ki Ha
(d) Grandmaster General Choi Hong Hi

2) What is the difference between a punch a thrust and a strike? (Give the 3 differences)

(I)
(II)
(III)

3) What is one to ten in Korean? (Write in your answer/s)

4) What does kwon mean? (Circle the right answer/s)

(a) The art of hand and foot.
(b) Foot
(c) Hand
(d) Martial Arts

5) Name three foot parts which we use in Taekwon-Do. (Write in your answer/s)

(I)
(II)
(III)

6) What is the diagram for Toi-Gye? (Write in your answer/s)

7) What is front snap kick in Korean? (Circle the right answer/s)

(a) Ap cha busigi
(b) Dwit cha jirugi
(c) Yop cha chagi

8) Blue Belt signifies? (Write in your answer/s)

9) How many moves are in Choong Moo? (Circle the right answer/s)

(a) 30
(b) 29
(c) 31
(d) 32

10) Describe a front block? (Write in your answer/s)

11) What is the Taekwon-Do term for instructor? (Circle the right answer/s)

(a) Kyong-ye
(b) Sabum
(c) Cha-Ryo
(d) Junbi

12) What is the highest rank achievable in ITF Taekwon do? (Circle the right answer/s)

(a) 11th Dan
(b) 7th Dan
(c) 10th Dan
(d) 9th Dan



13) What is the Korean term for block? (Circle the right answer/s)

- (a) Jirugi
- (b) Makgi
- (c) Tulgi
- (d) Taerigi

14) Which martial art had the greatest influence on Taekwon-Do's early development? (Circle the right answer/s)

- (a) Jeet Kune Do
- (b) Karate
- (c) Judo
- (d) Hapkido

15) Which of these tools can you NOT use to do a front snap kick? (Circle the right answer/s)

- (a) Foot sword
- (b) Instep
- (c) Ball of the foot
- (d) Toes

16) Name the five tenets of Taekwon-Do. (Write in your answer/s)

- (I)
- (II)
- (III)
- (IV)
- (V)

17) In which country did Taekwon-do originate? (Circle the right answer/s)

- (a) Japan
- (b) Thailand
- (c) China
- (d) Korea

18) How many patterns are there in ITF Taekwon-Do? (Circle the right answer/s)

- (a) 22
- (b) 14
- (c) 9
- (d) 24

19) What do you call a Taekwon-Do gym? (Circle the right answer/s)

- (a) Donut
- (b) Dojang
- (c) Dojo
- (d) Dobok

20) Which is the first pattern in Taekwon-Do? (Circle the right answer/s)

- (a) Four Directional Block
- (b) Chon-Ji
- (c) Dan-Gun
- (d) Four Directional Punch

21) What is the Kup rank for a greenbelt? (Circle the right answer/s)

- (a) 1st
- (b) 4th
- (c) 9th
- (d) 6th

22) How do you define the following techniques? (Write in your answer/s)

- (a) A middle block:
- (b) A middle punch:
- (c) A high block:
- (d) A high punch:



23) What part of the arm do you use for the block in four directional punch? (Circle the right answer/s)

- (a) Outer forearm
- (b) Circle forearm
- (c) Inner forearm
- (d) High forearm

24) What is an obverse technique? (Write in your answer/s)

25) What is an outside block? (Write in your answer/s)

26) What motion are the movements 13 & 14 in Dan-Gun Performed in? (Circle the right answer/s)

- (a) Fast motion
- (b) Slow motion
- (c) Very slow motion
- (d) Continuous motion

27) Name 4 kicks that you know and what part of the foot you use. (Write in your answer/s)

- (I)
- (II)
- (III)
- (IV)

28) What does black belt signify? (Write in your answer/s)

29) What colour belt pattern uses a W-Shape Block? (Write in your answer/s)

30) How old was Mr Ahn Chang-Ho when he died? (Circle the right answer/s)

- (a) 24
- (b) 84
- (c) 17
- (d) 62

31) What is the English for the following techniques? (Write in your answer/s)

- (a) Charyot:
- (b) Kyong-ye:
- (c) Goman:
- (d) Tasut:
- (e) Sijak:
- (f) Junbi:
- (g) Sang:
- (h) Sonkut:

