

Tae Kwon-Do 1st Kup Theory Test

Name: _____ Date: _____

A) History of Tae Kwon-Do

- 1) What does Tae Kwon-Do mean? _____
- 2) What are the tenets of Tae Kwon-Do? 1 _____ 2 _____
3 _____ 4 _____ 5 _____
- 3) If you had to choose a 6th tenet, what would it be and why? _____

- 4) Where and on what date was Tae Kwon-Do inaugurated?

- 5) Who was the founder of Tae Kwon-Do? _____
- 6) When did he die? _____
- 7) When was Tae Kwon-Do introduced to the UK? _____
- 8) What does T.A.G.B. stand for? _____
- 9) When was the T.A.G.B. formed? _____
- 10) Who is the National Secretary for the T.A.G.B.? _____
- 11) Who are the Chairman and Vice-Chairman of the T.A.G.B.?

- 12) Name the other members of the T.A.G.B. Management Council?

- 13) What worldwide organisation is the T.A.G.B. a member of? _____
- 14) When was Tae Kwon-Do International inaugurated? _____
- 15) What do the letters B.T.C. stand for? _____
- 16) When was the B.T.C. formed? _____

17) What is the purpose of the B.T.C.? _____

18) Who is the Chairman of the B.T.C.? _____

19) What is the difference between WTF and ITF style of Tae Kwon-Do?

20) Which of these styles is T.A.G.B. Tae Kwon-Do based on? _____

B) Colour and Belts

1) Which belt signifies:

a. Heaven _____

b. Earth _____

c. Plants growth _____

d. Danger _____

e. Innocence _____

2) What does Black Belt mean? _____

3) Why is there a black edging on a Black Belt Dobok? _____

C) Targets (in English)

1) Name four high section targets.

1 _____ 2 _____ 3 _____

4 _____

2) Name four middle section targets.

1 _____ 2 _____ 3 _____

4 _____

3) Name three low section targets.

1 _____ 2 _____ 3 _____

4) Why is the Philtrum such a dangerous target?

D) In Korean

1) What is the term for hand parts? _____

2) Name six hand parts.

1 _____ 2 _____ 3 _____

4 _____ 5 _____ 6 _____

3) What is the term for the forearm? _____

4) Name three parts of the forearm.

1 _____ 2 _____ 3 _____

5) What is the term for foot parts? _____

6) Name four parts of the foot.

1 _____ 2 _____ 3 _____

4 _____

7) Name two elbow strikes. 1 _____ 2 _____

8) Name three spear finger thrusts.

1 _____ 2 _____ 3 _____

9) Name ten kicks. 1 _____ 2 _____

3 _____ 4 _____ 5 _____

6 _____ 7 _____ 8 _____

9 _____ 10 _____

10) Name two parts of the foot used for turning kick.

1 _____ 2 _____

11) Name two parts of the foot used for hooking kick.

1 _____ 2 _____

12) Name ten blocks and which parts of the body they use.

- 1 _____
- 2 _____
- 3 _____
- 4 _____
- 5 _____
- 6 _____
- 7 _____
- 8 _____
- 9 _____
- 10 _____

13) Name eight different stances.

- 1 _____ 2 _____
- 3 _____ 4 _____
- 5 _____ 6 _____
- 7 _____ 8 _____

E) Patterns and Set Sparring

- 1) What is a pattern? _____

- 2) How many Tae Kwon-Do patterns are there? _____
- 3) Why do we perform patterns? _____

- 4) Why do we learn the meaning of patterns? _____

5) Name all the patterns you know and the number of moves in each.

1 _____ 2 _____

3 _____ 4 _____

5 _____ 6 _____

7 _____ 8 _____

9 _____

6) Name the five forms of sparring we do. 1 _____

2 _____ 3 _____

4 _____ 5 _____

7) Name three of these in Korean. 1 _____

2 _____ 3 _____

8) Why do we do one for one sparring? _____

9) Why do we do three step sparring? _____

10) Why do we do three step semi-free sparring? _____

F) Oral Questions

1) Why do you do Tae Kwon-Do? _____

2) Why do you want to become a black belt? _____

3) Which colour belt patterns end in a left hand attack? _____

4) Name the colour belt patterns that include a backfist. _____

5) Name the colour belt patterns that contain release moves. _____

6) What is the difference between the jump in Yul-Gok and Toi-Gye? _____

7) What is the difference between move number 6 in Won-Hyo and number 6 in Hwa-Rang and why?

8) What are the 3 kingdoms of Korea? 1 _____

2 _____ 3 _____

9) What have you given back to Tae Kwon-Do since you started training?

10) What is the difference between a strike and a thrust? _____

11) Explain the meaning of indomitable spirit. _____

12) What date did you start Tae Kwon-Do and why? _____
