

HALL'S TRADITIONAL TAE KWON DO



STUDENT Test Questions

These questions should be studied for the rank you are at. IE, white belts will be asked the white belt questions when testing to White/Yellow belt.

White Belt – 10th Grade:

1. **What Style of Martial Arts do we practice?**
Tae Kwon Do
2. **Where does Tae Kwon Do come from?**
Korea, specifically South Korea
3. **Who is Master Hall's Instructor?**
Grandmaster Robert Dunn
4. **Recite the Tenets of Taekwon-Do:**
Courtesy
Integrity
Perseverance
Self-Control
Indomitable Spirit ... Sir!
5. **What Part of the Foot do we kick with for a Front Kick?**
The Ball of the Foot

White / Yellow Belt – 9th Grade:

6. **What Date was Tae Kwon Do created?**
April 11th, 1955
7. **Count in Korean 1-5**
One = Ha-na
Two = Dul
Three = Set
Four = Net
Five = Da-sot
8. **How many degrees of bend do we use for our Bow?**
15 Degrees
9. **Do we block with the muscles of our arms, or the bones?**
Bones

10. How many bones are in the forearm? Point to and name them.

2 bones

Outer Forearm is the Ulna

Inner Forearm is the Radius

Yellow Belt – 8th Grade:

11. Count in Korean 1-10

One = Ha-na

Two = Dul

Three = Set

Four = Net

Five = Da-sot

Six = Yo-sot

Seven = Il-gob

Eight = Yo-dope

Nine = A-hope

Ten = Yul

12. What is the definition of Taekwon-Do?

Tae = to kick or break with the foot

Kwon = to punch or break with the hand

Do = a way of life

13. According to legend, where was Dun-gun born?

Lake Chon-gi

14. What part of the foot do we kick with for a Turning Kick?

The Ball of the Foot

15. Why do we bow?

To show respect to others and honor the traditions of the martial arts.

Yellow / Green Belt – 7th Grade:

16. Why do we Ki-yap?

To tighten our abdomen (stomach), to remind us to breath, and to scare our opponent.

17. What is the large bone in the upper arm?

Humerus

18. How many Bones are in the wrist. What are they collectively called?

8 Carpal Bones

19. What are the Bones in your hand? How many of each?

5 Metacarpals – make up the hand

14 Phalanges – 3 per finger, 2 in the thumb

20. What are Master Hall's 3 steps to Self-Defense? (the 3 D's of Defense)

1. Disrupt the attack

2. Defend yourself

3. Disengage from the attacker

Green Belt – 6th Grade:

21. Recite the Taekwon-Do Oath:

I shall observe the Tenets of Taekwon-Do.
I shall respect the instructor and seniors.
I shall never misuse Taekwon-Do.
I shall be a champion of freedom and justice.
I shall strive to build a more peaceful world ... Sir

22. What are the 3 major bones in the leg? Point to and name them.

Upper leg = Femur
Front lower leg (Shin) = Tibia
Back lower leg = Fibula

23. What part of the foot do we kick with for a side kick?

The Heel of the Foot

24. Why is proper form and technique important?

Proper form and technique allows us to use the full capacity of our muscles to deliver maximum power, while proper alignment of joints helps prevent injuries.

25. What ancient form of Martial Arts does Tae Kwon Do come from?

Tae-Kyon

Green / Blue Belt – 5th Grade:

26. How many Bones are in your ankle? What are they collectively called?

7 Tarsal Bones

27. What are the Bones in your feet? How many of each?

5 Metatarsals
10 Phalanges

28. What is the weight distribution of a Sitting Stance?

50% evenly distributed

29. What is the weight distribution of a Walking Stance?

60% on the front leg – 40% on the back leg

30. What are the 3 parts to every technique, also known as the mechanics of a technique?

1. Fold or Chamber
2. Execution or Extension
3. Re-Fold or Re-Chamber

Blue Belt – 4th Grade:

31. What is the weight distribution of an L-Stance?

30% on the front leg – 70% on the back leg

32. According to the IJTF Free Sparring Seminar, what are the 2 types of fighters?

Offensive and Defensive

33. What is the symbol in the center of the South Korean Flag? What does it represent?

Yin & Yang

Represents Balance in the Universe

34. What is the name of the family of patterns we practice?

The Chang-Hon Patterns

35. What are the major muscles in the arms and chest? What do they Do? Point to them.

Triceps - Push

Biceps - Pull

Pectoral – Push

Blue / Red Belt – 3rd Grade:

36. What are the 4 symbols around the South Korean flag, and what do they represent?

The symbols are the I-Ching.

Clockwise from top-left: Heaven, Water, Earth, Fire

37. Who is General Choi?

He was a General in the South Korean Army. He created the name Tae Kwon Do and the Chang-Hon patterns.

38. According to the 1972 edition of the General Choi book of Tae Kwon Do, how many parts is the body divided into? Point to and name them.

5 Sections: Head, Neck, Chest, Abdomen, and Extremities

39. What are the major muscles of the back and shoulders? What do they do? Point to them.

Deltoid – Lift and Push

Trapezius – Lift and Pull

Latimus – Pull

40. What bone or body part do we use for:

Hooking Kick = Heel of the foot

Elbow Strike = Ulna

Knee Strike = Femur

Red Belt – 2nd Grade:

41. What was the name of the 3 ancient kingdoms that now make up Korea?

Silla, Baekje, and Koguryo

42. What was the name of the youth group who were responsible for the reunification of the 3 kingdoms of Korea in 668 AD?

Hwa-Rang-Do

43. What are the major muscles of the legs? What do they do? Point to them.

Gluteus – push / extends the hips and thighs

Quadriceps (Quads) – push / extend / straighten the knee

Hamstring – pull / retract

Calf – push / extension

44. What is the formula for speed? What does it mean?

Distance divided by Time

How fast you move from one place, to another

45. What is the formula for the power of a technique?

$P = \frac{1}{2} M * V^2$ or Power equals Half Mass times Velocity Squared

Red /Black Belt – 1st Grade:

46. What is Newton's First Law of Motion?

An object at rest stays at rest and an object in motion stays in motion, unless acted upon by an outside force.

47. What is Newton's Second Law of Motion?

The acceleration of an object is directly proportional to the force exerted on it, and inversely proportional to its mass.

The bigger something is, the harder you have to push to make it move....

48. What is Newton's Third Law of Motion?

For every action, there is an equal and opposite reaction.

49. Tae Kwon Do is a Martial Art meaning it comes from the military, or is used to defend and fight.

How are the 5 physical components of Tae Kwon Do training related to military training?

Fundamentals (basics, stepping techniques) = Individual Soldiers Basic Training

Dallyon (Conditioning) = Exercise and Maintenance of Equipment

Patterns = Platoon Tactics

Sparring = Field Exercise, Practice Combat

Self-Defense = Actual Combat

50. According to the IJTF free sparring seminar, what are the 3 stages of Self-Defense?

1. Perception

2. Evaluation

3. Decision