



Black Belt Questions

1. What is the difference between a thrust and a strike?
2. How many coloured belt patterns have a release in them?
3. How many coloured belt patterns have a back-fist strike in?
4. Name five types of back-fist strike?
5. How many coloured belt patterns have a fingertip thrust in them?
6. Name three coloured belt patterns that start in Moa Sogi?
7. How do you create power?
8. What is the Korean word for 'breaking'?
9. What is the Korean term for consecutive kick and what does it mean?
10. What is the Korean word for combination kick and what does it mean?
11. Name three kicks that use the heel?
12. Name five vital spots of the upper body?
13. Name five vital spots of the middle body?
14. Name five vital spots on the lower body?
15. Count to ten in Korean.
16. Why do we twist the fist to punch?
17. What is the meaning of 'Hwa-Rang'?
18. How many people are on the TAGB Committee?
19. Who are they?
20. What are their titles?
21. When was Tae Kwon-Do inaugurated?
22. What year did Tae Kwon-Do come to Great Britain?
23. When was the TAGB formed?

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24. When was the BTC (British Tae Kwon-Do Council) formed?
 25. When was Tae Kwon-Do International created?
 26. What is the significance of the year 2333BC?
 27. Who was Admiral Yi Sun Sin?
 28. Why does the pattern Choong Moo end in a left hand attack?
 29. Who was Ahn Joong Gun?
 30. What is the significance of 29 movements in pattern Hwa Rang?
 31. What is the significance of the year 686AD?
 32. Who was Yi Hwang?
 33. Who was Ahn Ch'ang Ho?
 34. What do the 38 movements in Yul Gok represent?
 35. What else does 38 signify in Yul-Gok?
 36. Who was Yi I?
 37. When would you use your toes to perform a kick?
 38. What is the difference between `dwit' and `dung'?
 39. What is the purpose of stances?
 40. What is the difference between a back kick and a reverse side kick?
 41. What is the Korean name for `grabbing knee kick'?
 42. What is the blocking tool for `golcha makgi'?
 43. What is the blocking tool in `digutja makgi'?
 44. What is the difference between back back-fist strike and side back-fist strike?
 45. How do you know if a stance is a left or right stance?
 46. What are the weight distributions for walking stance, low stance, L-stance, X-stance and rear foot stance?

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47. When you perform 'anuro sonkal taerigi' (2nd move in Won Hyo), what is the other arm used for?

48. Green signifies a plant's growth - what does the plant represent?

49. Who introduced Tae Kwon-Do to the UK?

50. What does 'sun' mean?

51. What is 'doo palmok makgi' used for?

52. What is 'dollimyo makgi' used for?

53. What were the three kingdoms of Korea?

54. When were the three kingdoms unified?

55. When was the Yi Dynasty formed?

56. In 'kaunde sun sonkut tulgi' what techniques are you performing?

57. What is the difference between a twin forearm block 'sang palmok makgi' and a double forearm block 'doo palmok makgi'?

58. Name the different knife hand strikes you know?

59. Name the different finger tip thrusts you know and possible target areas?

60. General Korean - inward, upward etc

61. In 'Yul Gok' when you perform the elbow strike, what is the hand you are striking used for?

62. Why is the palm facing up on a low section upset finger tip thrust?

63. Why do we use inner and outer forearm to block with?

64. Name the different elbow strikes & thrusts you know?

65. Name the kicks you know and the striking tool used?

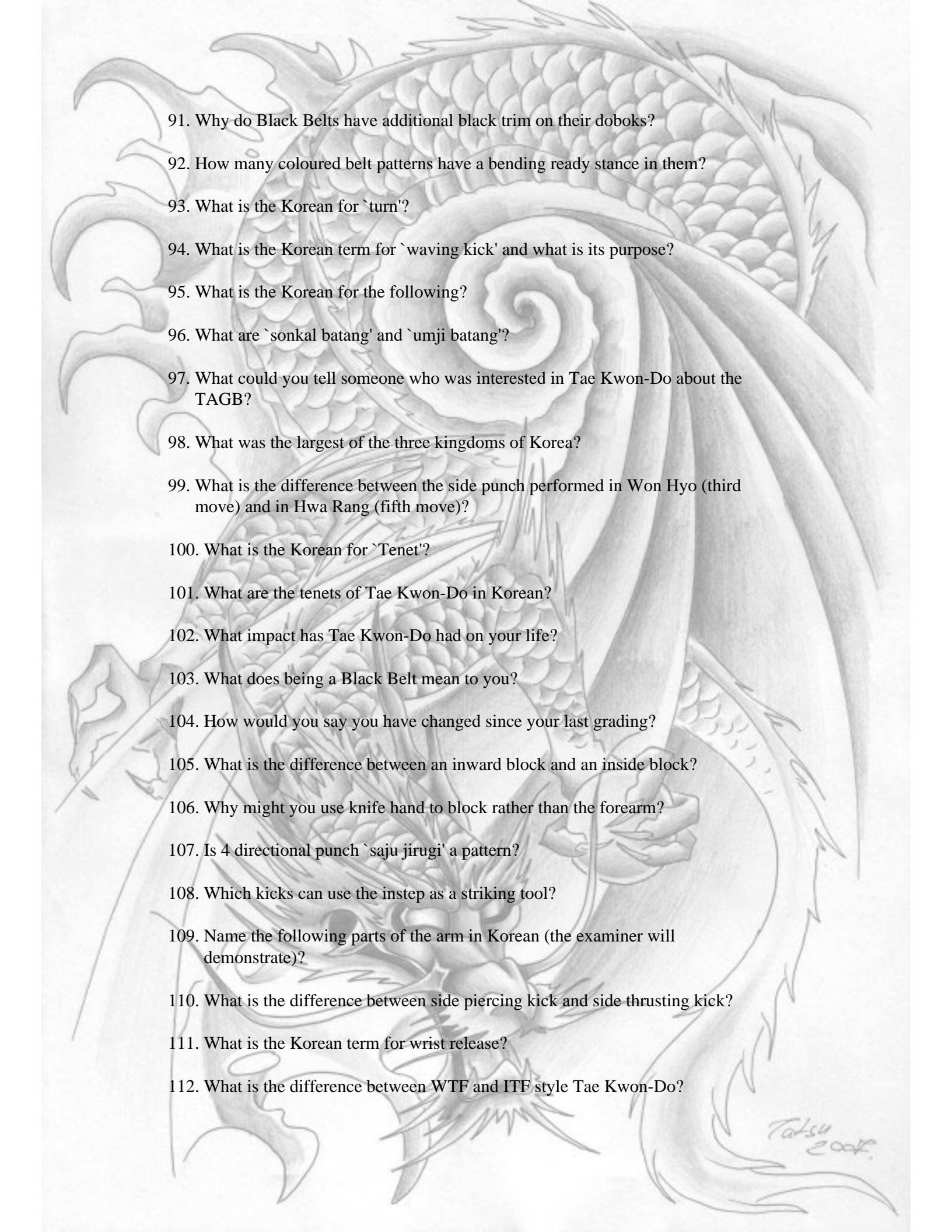
66. What is the Korean name and purpose of double arc hand block?

67. What is the Korean name and purpose of horizontal punch?

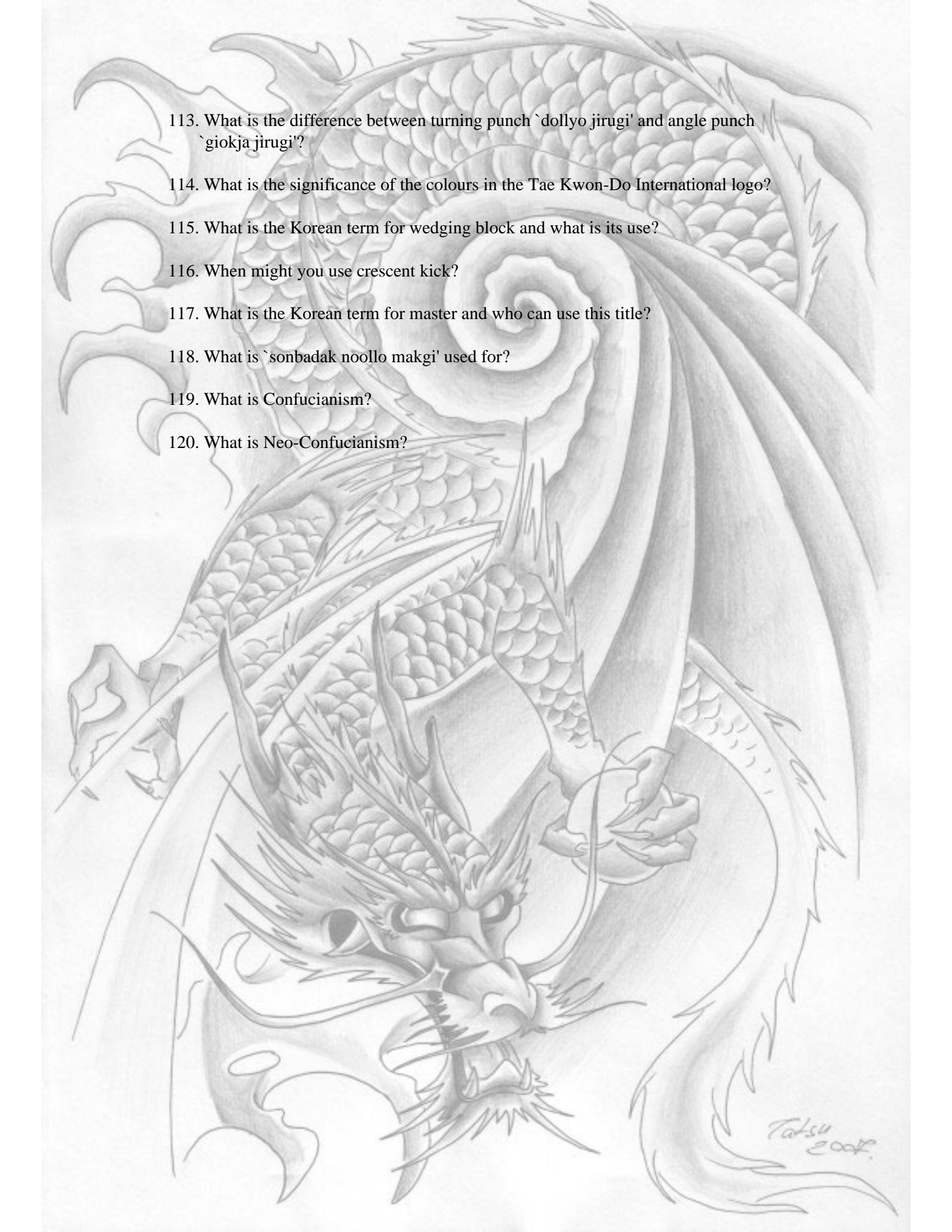
68. What is the Korean name and purpose of 9-Shaped Block?

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69. What do the pattern interpretations mean to you?
 70. What is a pattern?
 71. Why do we perform patterns?
 72. Why do we learn the interpretation of patterns?
 73. Who is your regional representative?
 74. When did General Choi Hong Hi die?
 75. What two further tenets would you suggest?
 76. What is the formula for power?
 77. What is kinetic energy?
 78. What does Moa Junbi Sogi 'A' represent?
 79. Why do we perform 'kyocha joomuk chookyo makgi' (as in Joong Gun)?
 80. Why do we perform 'kaunde sonkal taerigi' in L-stance in Dan Gun (movement 18) but in sitting stance in Do San (movement 23)?
 81. Why do we pull our elbows down sharply in 'sonkal daebi makgi' and 'palmok daebi makgi'?
 82. What is Tae Kwon-Do?
 83. What are the components of Tae Kwon-Do?
 84. What is Taek Kyon?
 85. What are the targets for 'high flat fingertip thrust'?
 86. Why do we practise patterns beyond 6th Dan?
 87. Why are the floating ribs a vulnerable target area?
 88. What does Mikulgi mean?
 89. Why do we perform a breaking test?
 90. Why do we perform 1 step sparring?

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91. Why do Black Belts have additional black trim on their doboks?
 92. How many coloured belt patterns have a bending ready stance in them?
 93. What is the Korean for 'turn'?
 94. What is the Korean term for 'waving kick' and what is its purpose?
 95. What is the Korean for the following?
 96. What are 'sonkal batang' and 'umji batang'?
 97. What could you tell someone who was interested in Tae Kwon-Do about the TAGB?
 98. What was the largest of the three kingdoms of Korea?
 99. What is the difference between the side punch performed in Won Hyo (third move) and in Hwa Rang (fifth move)?
 100. What is the Korean for 'Tenet'?
 101. What are the tenets of Tae Kwon-Do in Korean?
 102. What impact has Tae Kwon-Do had on your life?
 103. What does being a Black Belt mean to you?
 104. How would you say you have changed since your last grading?
 105. What is the difference between an inward block and an inside block?
 106. Why might you use knife hand to block rather than the forearm?
 107. Is 4 directional punch 'saju jirugi' a pattern?
 108. Which kicks can use the instep as a striking tool?
 109. Name the following parts of the arm in Korean (the examiner will demonstrate)?
 110. What is the difference between side piercing kick and side thrusting kick?
 111. What is the Korean term for wrist release?
 112. What is the difference between WTF and ITF style Tae Kwon-Do?

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113. What is the difference between turning punch 'dollyo jirugi' and angle punch 'giokja jirugi'?
 114. What is the significance of the colours in the Tae Kwon-Do International logo?
 115. What is the Korean term for wedging block and what is its use?
 116. When might you use crescent kick?
 117. What is the Korean term for master and who can use this title?
 118. What is 'sonbadak noollo makgi' used for?
 119. What is Confucianism?
 120. What is Neo-Confucianism?