Black Belt Preparation – Exam #1

1. Define a stance:
2. Translate Taekwon-Do:
3. Why does a student bow twice when entering the Dojang?
4. Explain the protocol rule with regards to Taekwon-Do:
5. What does the symbol on the back of the dobok represent?
6. What are the controlling factors of a stance?
7. Why is the dobok white?
8. Why are the belts single wrap?
9. Define equilibrium:
10. What angle is the bow done at?
11. What is the student’s oath?
12. Name the tenets of Taekwon-Do:

1.

2.

3.

4.

5.

1. What does STFI stand for?
2. Closed stance are classified into how many types, name them.
3. Bending stance are classified into how many types, name them.
4. What does integrity mean and give me an example?
5. What does the word closed mean in closed stance?
6. Sine wave is the use of what body part?
7. Speed is performed in which part of your movement?
8. In what stance is sine wave introduced?
9. What is the difference between bending stance A and bending stance B?