Black Belt Preparation – Exam #2

1. What is the meaning of green belt?
2. What is the meaning of Gup?
3. What is the meaning of Dan?
4. Explain the system of rank:
5. Explain a walking stance?
6. What is the formula we can use to calculate the power of any technique?
7. When performing L-stance, bend the rear leg until the knee forms a vertical line with what part of the body.
8. In an L-stance keep the hip in line with which part of the body.
9. The rear foot in a walking stance is at what angle?
10. What weight of each foot in a vertical stance?
11. In a rear foot stance keep the front foot point about \_\_\_\_ degrees and the toes of the rear foot about \_\_\_\_ degrees inward.
12. Why is there power breaking in Taekwon-Do?
13. What angle is your arm on the following blocks?
14. Rising block \_\_\_\_
15. Low outer forearm block \_\_\_\_
16. Knife hand low block \_\_\_\_
17. Explain a vertical stance.
18. Explain a low stance.
19. What is the meaning of blue belt?
20. What is the grade level number for blue belt red stripe?
21. How many black belt levels are there and why is the number so special?
22. Name the three vertical lines of the body.
23. Name the three horizontal lines of the body.
24. How much weight on each leg in an L-stance?
25. What does Boo Sa Bom Nim Gae mean?
26. What colour belt rank is 5th grade?
27. What does colour yellow belt mean?
28. Explain how the belt colours were chosen.
29. What is the philosophy of Taekwon-Do based on?
30. Explain the student – instructor relationship.
31. Side front is what line of the body?
32. How are the nine degrees of the black belt divided?
33. How many patterns in Taekwon-Do and the reason why?