Black Belt Preparation – Exam #3

1. Explain continuous motion, give example, and name the pattern.
2. Where is your opponent in a walking stance?
3. What makes an elbow thrust a thrust?
4. Target of a flat fingertip thrust.
5. What is the difference between a front side fist and a back fist?
6. What does the colour blue represent?
7. Name 10 vital spots.
8. What does “tul” mean?
9. How far do you move your foot in when you step forward using the arc step?
10. Why does a student of Taekwon-Do place their hand under their elbow when shaking hands?
11. Describe a vertical stance.
12. Attack techniques with the hand are broken down into 3 groups they are:
13. Purpose of timing.
14. What angle is you’re elbow in a hooking block?
15. What is the difference between full facing and half facing?
16. Why do we cross our arms when performing blocks and strikes?
17. Explain sine wave.
18. Define a vital spot and name the two types.
19. Purpose of an upward palm block.
20. What is the longest stance you know?
21. Why do we perform saju jiugi and saju makgi before learning the patterns?
22. Give an example of connecting motion in a pattern, name the pattern.
23. When performing an angle punch the fist falls at what line of the body?