Black Belt Preparation Exam 4

1. Describe a reverse technique, with regards to the technique and stance.
2. Define free sparring.
3. What makes an elbow strike a strike?
4. Define counter attack.
5. What is the difference between a knife-hand low block and a forearm low block?
6. What is neo-Confucianism?
7. When we perform slow movements:
	1. We do it with a full sine wave.
	2. We do only a part of the sine wave.
	3. We don't do a sine wave.
8. Name 5 punches.
9. Name 4 points to keep in mind while performing patterns.
10. Define pre-arranged sparring.
11. Vital spots can be divided into two groups. They are:
12. What is the difference between an upset punch and an upward punch?
13. What is a checking punch used for?
14. Which of the following are General Choi's TKD **training secrets?**
	1. The purpose of each movement.
	2. Slightly bending the arms and legs before beginning a movement.
	3. The training secrets must be kept secret.
	4. A+B.
15. What proves that a Black Belt holder is officially recognized by the ITF?
	1. Wearing the ITF Dobok.
	2. Training at an ITF school.
	3. Holding a Black Belt certificate issued by the ITF and signed by the President.
	4. A+ B +C = all three.
16. What is the exact meaning of the words that make up Taekwon-Do?
	1. The art of using the hands and feet for defense.
	2. The art of immobilizing an opponent with your bare hands.
	3. The art of using foot techniques to block an attack.
	4. The art of using sweeping techniques to make an opponent fall down.
17. In the walking stance “gunan sogi, why is your weight distributed evenly on each of your feet?
	1. So that I won't fall over.
	2. Because it will help me kick faster.
	3. So that I will be ready to move either forward or backward.
	4. This stance helps me to start flying techniques more easily.
18. Under the new regulations for free sparring, **kicking to a high** section gives how many points: 1, 2, 3 or 4 points?
19. When and in what city was the **first ITF World Championship** held?