Black Belt Preparation Exam 5

1. What is the purpose of doing circular motions?
2. What is the philosophy of Taekwon-Do based on?
3. Explain the difference between a downward kick and a pick-shape kick?
4. In free sparring, there is no \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_mode between the players.
5. Name 5 hints for free sparring.
6. What is the purpose of stamping motion?
7. What part of the foot is used when performing stamping motion?
8. What part of the foot is used when performing a side kick?
9. What determines a right or left 9-shape block? (Only black belts to answer this question)
10. According to the explanation in the Encyclopedia of Taekwon-Do, written by General Choi, in a connecting motion, how many breaths do we perform?
11. 1 B. 2 C. 2 ½ D. None
12. Which of the following two were the background of Taekwon-Do for General Choi Hong Hi?

 A. Karate B. Tae Kyon C. Soo Bak Gi

1. According to the convention (ITF Standard) designed by General Choi for the ITF patterns system, an attack into the high section requires that the attack be at eye level for the attacker (first horizontal line). This level corresponds to which point on an imaginary opponent of the same size as the attacker and standing in front of him?

A. Philtrum B. Solar Plexus C. Jaw D. Adam’s apple

1. Why Do ITF teachers (Grandmasters, Masters, Instructors and Assistant Instructors) all use the tenets of Taekwon-Do when they teach a class?
	1. It helps to create an oriental atmosphere in the class.
	2. To have perfect discipline in the class.
	3. To show that ITF Taekwon-Do is different from other martial arts.
	4. It is part of teaching the Do and helps students to develop a good value system and live according to the philosophy of Taekwon-Do.
2. For all 24 ITF Taekwon-Do patterns, you must:
	1. Look to the front when performing movements
	2. Exhale and grunt loudly when doing kicks.
	3. Return to the place where you started the patterns
	4. Kick as high as possible.
3. What is the main purpose of three-step sparring?
4. What is the meaning of the name TKD?
5. Who founded the ITF? When and where? There were 9 founding member countries. Can you name at least 5 of them?
6. How can we summarize in **two words** the purpose of practicing Taekwon-Do?
7. What does **"chariot, kyon ye"** mean?
8. What is the width of the **walking stance** "gunan sogi"?
	1. 2 shoulder widths measured from the outside of one foot to the outside of the other foot.
	2. 1 shoulder width measured from the outside of one foot to the outside of the other foot.
	3. 1 shoulder width, measured from the centre of one foot to the centre of the other foot.
	4. 1 ½ times the shoulder width, measured from the inside of one foot to the inside of the other foot.