

NOTE: Questions will be asked at random from the list below – you should answer in full to the best of your ability in a clear voice

THEORY QUESTIONS for 2nd Kup Students – Red Tags

THEORY QUESTIONS for 1st Kup Students – Red Tags

All questions that will be asked for 2nd Kup Red Belts applying for Black Tag

&

All questions that will be asked for 1st Kup Black Tag applying for Black Belt

Will be expected to understand and correctly perform all 10th Kup to 3rd Kup techniques

Will be expected to know all the meaning of all patterns

Must be able to explain the different types of blocks, punches, kicks, elbow strikes and fingertip strikes you have learnt

Able to perform 3, 2, 1 step sparring, and 2 on 1 sparring

Fitness ability to perform accordingly all the basic fitness level of basic exercises

Able to explain how to teach a new student, the meaning of TKD correctly, the theory of power in TKD, pattern definitions