

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 10th Kup Students – WHITE BELTS

- 1) What martial art are you learning ?
- 2) What is the meaning of Taekwon-Do ?
- 3) What are the five tenets of Taekwon-Do ?
- 4) Name and demonstrate three stances you have learnt in Taekwon-Do ?
- 5) Identify on your body the following:
Forefist – Knife hand – Inner forearm – Outer forearm
- 6) Why are you learning Taekwon-Do ?
- 7) What grade is your Instructor ?
- 8) What is the meaning of white belt ?
- 9) Who is the founder of Taekwon-Do ?

Answers to THEORY QUESTIONS for 10th Kup Students

- 1) Taekwon-Do
- 2) The art of hand & foot – Tae = FOOT : Kwon = HAND : Do = ART
- 3) Courtesy, Integrity, Perseverance, Self-Control, Indomitable Spirit
- 4) Attention Stance, Parallel Ready Stance, Walking Stance, Sitting Stance
- 5) Student should point to each specific area
- 6) Student should have a suitable answer
- 7) Student should be able to clearly say Instructor Mr Malik Ayman 4th Degree Black Belt (not MASTER or first name or last name only)
- 8) White Belt signifies innocence, a student who has no previous knowledge of Taekwon-Do
- 9) General Choi Hong Hi 9th Degree