**MULTI-CHOICE QUESTION TEST**

 **SUNDAY 6TH JUNE 2010**

**ANSWERS**

**How many movements are in Pattern Toi-Gye?**

32

**37**

38

**How wide is a ‘Sitting Stance’?**

One shoulder width

**One and a half shoulder widths**

Two Shoulder widths

**What is ‘Forearm Guarding Block’ in Korean?**

Sonkal Daebi Makgi

**Palmok Daebi Makgi**

Bakat Palmok Makgi

**What is ‘Twigi Dwit Chagi’?**

Reverse Turning Kick

Spinning Back Kick

**Jump Back Kick**

**What is the weight in a ‘Vertical Stance’?**

50 - 50

**60 - 40**

70 - 30

**‘Dung Joomuk’ is Forefist?**

True

**False**

**What is ‘Yop Sonkal Taerigi’?**

Knifehand Guarding Block

Rising Block

**Side Knifehand Strike**

**What is ‘Downward Kick’ in Korean?**

Dwit Chagi

Yop Chagi

**Naeryo Chagi**

**What is ‘San Sonkal Makgi’?**

Double Knifehand Block

Side Knifehand Strike

**Twin Knifehand Block**

**The Years in the meaning of the Pattern Yul-Gok are (1536-1584)?**

**True**

False

**What part of the foot do you strike with for an ‘Outward Crescent Kick’?**

Front Sole (Ball of the foot)

Instep

**Footsword**

**What does ‘Paro’ mean?**

**Return**

Ready

Relax

**What Degree Black Belt is Senior Instructor**

**Mrs Gassor-Jones?**

3rd Degree Black Belt

4th Degree Black Belt

**5th Degree Black Belt**

**What is ‘Apcha Olligi’?**

Front Snap Kick

**Front Leg Raise**

Side Kick

**What is ‘W-Shape Block’ in Korean?**

Digutja Makgi

Najunde Makgi

**San Makgi**

**What is ‘Doo Dollyo Chagi’?**

**Double Turning Kick**

Jump Turning Kick

360 Turning Kick

**What is ‘Bending Ready Stance’ in Korean?**

Niunja Sogi

Dwitbal Sogi

**Guburyo Sogi**

**What is ‘Sonkal Dung’?**

**Reverse Knifehand**

Inward Block

Reverse Strike

**What is ‘Inner Forearm Block’ in Korean?**

Bakat Palmok Makgi

**An Palmok Makgi**

Chookyo Makgi

**What is ‘Hooking Kick’ in Korean?**

**Golcha Chagi**

Bituro Chagi

Bakuro Bandal Chagi