**MULTI-CHOICE QUESTION TEST**

**SUNDAY 11TH JUNE 2017**

**ANSWER SHEET**

**What part of the foot do you strike with when performing a Front Snap Kick?**

Balkal

BalKal Dung

**Ap Kumchi**

**What type of Set Sparring must be performed at 9th Kup to achieve 8th Kup?**

1 Step Sparring

2 Step Sparring

**3 Step Sparring**

**What blocking tool is used when performing**

**‘San Palmok Makgi’?**

**Bakat Palmok**

Yop Joomuk

An Palmok

**How many Kihaps are in the 2nd Kup Pattern?**

1 Kihap

**2 Kihaps**

3 Kihaps

**What is the beginner’s grade?**

1st Kup

1st Dan

**10th Kup**

**On which kick will you punch and kick at the same time?**

Dollyo Chagi

**Yopcha Jirugi**

Apcha Busigi

**What is the weight distribution on the front leg for ‘Niunja Sogi’?**

**30%**

50%

70%

**Which of the following stances is one shoulder width wide?**

Niunja Sogi

**Gunnun Sogi**

Annun Sogi

**Which of the following Patterns contains movements with ‘Continuous Motion’?**

Yul-Gok

**Toi-Gye**

Hwa-Rang

**The focus point for ‘Najunde’ is the shin?**

True

**False**

**How many different types of kicks are there in the Pattern ‘Hwa-Rang’?**

**2 Kicks**

3 Kicks

4 Kicks

**What stance and block do you attack from when performing 3 Step Sparring?**

Niunja Sogi, Kaunde Palmok Daebi Makgi

Gojung Sogi, Kaunde Bakat Palmok Makgi

**Gunnun Sogi, Najunde Bakat Palmok Makgi**

**Which of the following Patterns contains the most number of movements?**

**Yul-Gok**

Toi-Gye

Choong-Moo

**What Pattern meaning has the date 2,333 BC?**

**Dan-Gun**

Won-Hyo

Joong-Gun

**You raise your left hand when identifying yourself and reciting the ITF Oath?**

True

**False**

**In the 4th Kup Pattern, what is the block on the final movement called in Korean?**

Sang Sonkal Makgi

**Digutja Makgi**

Hechyo Makgi

**Which Set Sparring has the counter technique**

**‘Niunja Sogi, Yop Sonkal Taerigi’?**

**6th Kup Set Sparring – 2 Step Number 1**

5th Kup Set Sparring – 1 Step 1-5 Kicking

3rd Kup Set Sparring – 2 Step Number 2

**Which of the following Patterns has the movement ‘Kyocha Sogi, Yop Dung Joomuk Taerigi’’?**

Do-San

**Yul-Gok**

Toi-Gye

**At what degree black belt does a student become a ‘Sabum’?**

1st Degree Black Belt

**4th Degree Black Belt**

7th Degree Black Belt

**2017 is the 50th anniversary of Taekwon-Do being introduced in to the UK?**

**True**

False