**MULTI-CHOICE QUESTION TEST TOTAL SCORE**

 **SUNDAY 5th DECEMBER 2010**

**Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**How many movements are in the Pattern Won-Hyo?**

21

24

28

**How long is a ‘Rear Foot Stance’?**

Half a Shoulder Width

One Shoulder Width

One & a Half Shoulder Widths

**What is ‘Upward Palm Block’ in Korean?**

Ollyo Sonbadak Makgi

Naeryo Sonbadak Makgi

Noollo Chagi

**What is ‘Twimyo Yop Chagi’?**

Glide Side Kick

Jump Side Kick

Flying Side Kick

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

50 - 50

60 - 40

70 - 30

**‘Baldung’ is Instep in Korean?**

True

False

**What is ‘Nopunde Yop Sonkal Taerigi’?**

Low Knifehand Block

High Fingetip Thrust

High Side Knifehand Strike

**What is ‘Reverse Turning Kick’ in Korean?**

Baro Dollyo Chagi

Bandae Dollyo Chagi

Twigi Dollyo Chagi

**What is ‘Kaunde Sonkal Makgi’?**

Middle Knifehand Block

Middle Downward Block

Twin Knifehand Thrust

**The year in the meaning of the Pattern**

**Dan-Gun is 686 AD?**

True

False

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

Ball of the Foot

Inner Footsword

Footsword

**What does ‘Sahyun’ mean?**

Assistant

Instructor

Master

**What Degree Black Belt is Chief Examiner**

**Master Ian Lawes?**

7th Degree Black Belt

8th Degree Black Belt

9th Degree Black Belt

**What is ‘Yopcha Olligi’?**

Hooking Kick

Side Leg Raise

Spinning Back Kick

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

Digutja Makgi

San Makgi

Miro Makgi

**What is ‘Doo Jirugi’?**

Side Punch

Obverse Punch

Double Punch

**What is ‘Low Stance’ in Korean?**

Nachuo Sogi

Dwitbal Sogi

Guburyo Sogi

**What is ‘Dwit Palkup’?**

Front Knee

Back Knee

Back Elbow

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

Doo Palmok Makgi

An Palmok Makgi

Palmok Daebi Makgi

**What is a ‘Right Hooking Kick’ in Korean?**

Orun Golcho Chagi

Wen Gorreo Chagi

Orun Naeryo Chagi