**MULTI-CHOICE QUESTION TEST TOTAL SCORE**

 **SUNDAY 6TH JUNE 2010**

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

**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