**MULTI-CHOICE QUESTION TEST** **TOTAL SCORE**

**SUNDAY 11th DECEMBER 2011**

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

**How many movements are in Pattern Joong-Gun?**

28

32

37

**How long is a ‘Fixed 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

Anaro Sonbadak Makgi

**What is ‘Twimyo Dollyo Chagi’?**

Glide Turning Kick

Switch Turning Kick

Flying Turning Kick

**What is the weight in a ‘Bending Ready Stance’?**

50 - 50

80 - 20

100 - 0

**‘Balkal Dung’ is Instep in Korean?**

True

False

**What is ‘Sun Sonkut Tulgi’?**

Straight Fingertip Thrust

Forefist Upward Punch

Flat Knifehand Strike

**What is ‘Spinning Back Kick’ in Korean?**

Baro Dollyo Chagi

Bandae Dwit Chagi

Twigi Dwit Chagi

**What is ‘Palmok Daebi Makgi’?**

Knifehand Guarding Block

Twin Palm Block

Forearm Guarding Block

**Taekwon-Do was founded by General Choi Hong Hi in 1855?**

True

False

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

Ball of the Foot

Footsword

Inner Footsword

**What does ‘Boo Sabum’ mean?**

Assistant Instructor (1st - 3rd Dan)

Senior Instructor (4th - 6th Dan)

Master (7th and 8th Dan)

**What Degree Black Belt is Mr Aaron Gassor?**

2nd Degree Black Belt

3rd Degree Black Belt

4th Degree Black Belt

**What is ‘Hechyo Makgi’?**

Wedging Block

Hooking Block

Rising Block

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

Digutja Makgi

Sonbadak Miro Makgi

San Twigi Makgi

**What is ‘Sang Sewo Jirugi’?**

Jumping Downward Punch

Double Upset Punch

Twin Vertical Punch

**What is ‘Attention Stance’ in Korean?**

Narani Junbi Sogi

Charyot Sogi

Kyong Ye

**What is ‘Wi Palkup Taerigi’?**

Flying Knee Thrust

Open Elbow Strike

Upper Elbow Strike

**What is ‘X-Fist Pressing Block’ in Korean?**

Sonbadak Noollo Makgi

Kyocha Joomuk Noollo Makgi

Sonbadak Naeryo Makgi

**What is a ‘Left Side Leg Raise’ in Korean?**

Orun Apcha Olligi

Wen Yop Chagi

Wen Yopcha Olligi