**MULTI-CHOICE QUESTION TEST TOTAL SCORE**

 **SUNDAY 5TH JUNE 2016**

 **ANSWERS**

**Which of the following colour belt Patterns features ‘Dwitbal Sogi’?**

Dan-Gun

Won-Hyo

**Joong-Gun**

**What blocking tool is used for an ‘Inner Forearm Block’?**

Bakat Palmok

Yop Joomuk

**An Palmok**

**What is the weight distribution for ‘Annun Sogi’?**

**50 - 50**

60 - 40

70 - 30

**Which of the following colour belt Patterns has the movement ‘Wi Palkup Taerigi’?**

Yul-Gok

**Joong-Gun**

Hwa-Rang

**Who introduced Taekwon-Do to the UK in 1967?**

Grand Master Choi Jung Hwa

**First Grand Master Rhee Ki Ha**

Grand Master Trevor Nicholls

**Which of the following Patterns does not have movements in ‘Fast Motion’?**

Do-San

**Won-Hyo**

Yul-Gok

**What does ‘Dollimyo Makgi’ mean?**

Downward Block

**Circular Block**

Hooking Block

**The two Side Kicks in Won-Hyo are both performed using the left leg?**

True

**False**

**Morality is one of the 5 tenets of Taekwon-Do?**

True

**False**

**What part of the foot should you not strike with when doing ‘Dollyo Chagi’?**

**Dwit Chook**

Ap Kumchi

Baldung

**When doing 2 Step Sparring, what stance and block do you attack from?**

**Niunja Sogi, Kaunde Palmok Daebi Makgi**

Gojung Sogi, Kaunde Bakat Palmok Makgi

Gunnun Sogi, Najunde Bakat Palmok Makgi

**At what Degree Black Belt does a student become a ‘Sahyun’?**

1st Degree Black Belt

4th Degree Black Belt

**7th Degree Black Belt**

**What is Korean for ‘Obverse Punch’?**

Bandae Jirugi

**Baro Jirugi**

Doo Jirugi

**Which Set Sparring do you do when you are a 9th Kup to achieve an 8th Kup?**

1 Step Sparring

2 Step Sparring

**3 Step Sparring**

**There are two Kihaps in the Pattern ‘Choong-Moo’?**

**True**

False

**Which of the following Patterns has a sliding movement?**

Won-Hyo

Yul-Gok

**Hwa-Rang**

**The ITF was created in 1966?**

**True**

False

**What is the year in the meaning of the 6th Kup Pattern?**

2,333 BC

1876-1938

**686 AD**

**How many different types of blocks are there in the Pattern ‘Dan-Gun’?**

3 Blocks

**4 Blocks**

5 Blocks

**Where is the body facing when performing**

**‘Niunja Sogi’?**

Full Facing

**Half Facing**

Side Facing