

SPARTA TAE KWON DO BELT TESTING QUESTIONS

(Answers are in italics. Answers may not be exactly the same as the ones printed but must have the same meaning.)

WHITE BELTS

1. Why do we salute the national flags?

A: To show respect. US Flag because this is our country and where we train and to Korea where Tae Kwon Do comes from.

2. Why do students bow?

A: To show respect to one another and as our way of greeting one another.

3. What is the meaning of the word "respect"?

A: Treat others the way you want to be treated. Treat things the way you want your own things to be treated.

4. Who should we respect?

A: Parents, Teachers, Masters, Instructors.....everyone!

5. What is your full name, telephone number and address?

6. Count 1 to 3 in Korean.

A: Hana, Dul, Set

7. What does Tae Kwon Do mean in English?

A: The way of the hand and foot.

8. Which country does Tae Kwon Do come from?

A: Korea.

(These first 8 questions are recommended for children 8 years old and under)

9. Name 3 rules of the school?

A: (See rules and regulations).

10. What is the name of your instructors?

A: Mr. Uy, Mr. Andrews, Mrs. Hoh, and Mr. Alvelais

11. What does self discipline mean?

A: Do what you're supposed to do when you're supposed to do it.

12. Why is self discipline important?

A: It is necessary in order to achieve your goals.

TERMINOLOGY: (What do the following Korean words mean in English?)

Dojang *School, where you train* Dobok *Uniform*

Charyot *Attention* Kyung-ne *Bow*

Joon bi *Ready Stance* Si-Jak *Begin*

YELLOW TO ORANGE BELTS

1. Count 1 to 10 in Korean?

A: *Hana, Dul, Set, Net, Dasot, Yasot, Elgub, Yodol, Ahob, Yul*

2. How old is Tae Kwon Do?

A: *Over 2,000 years old.*

3. What is the “WTF”? and Kukkiwon?

A: *WTF – World Tae Kwon Do Federation; Kukkiwon – official gym and headquarters of the WTF.*

4. Recite the Composition of Tae Kwon Do

A: *Basic Techniques, Forms, Sparring, Breaking and Attitude*

5. Recite the Tenets of Tae Kwon Do

A: *Courtesy, Integrity, Perseverance, Self Control and Indomitable Spirit.*

6. Name 3 rules in sparring?

A: *(See rules and regulations)*

7. What does the letters of “Sparta” stand for?

A: *S-Speed, P-Power, A-Agility, R-Respect, T-Tenacity, A- Attitude*

8. How do you address your instructors inside and outside the school?

A: *Mr. or Ms.*

TERMINOLOGY: (What do the following Korean words mean in English?)

Poomse *Forms* Gyoorogi *Sparring*

Pil Sung *Victory or Reward* Gup *Color Belt Rank*

Dan *Black Belt Rank* Kihap *Yell*

Guk-ki *Flag* Barro *Return to Previous*

Buhsahbunim *Instructor* Sahbuhnim *Master*

Kwangjangnim *Grandmaster*

GREEN BELTS

1. Recite the student Oath. (See Study Materials)
2. Name the 3 kingdoms of ancient Korea? (See Study Materials)
3. Name the youth warrior group of the Koguryo Kingdom? (See Study Materials)
4. Name the youth warrior group of the Silla Kingdom? (See Study Materials)
5. What is the KTA? (See Study Materials)
6. What is the IOC? (See Study Materials)
7. What is your goal in Tae Kwon Do? Why is it important for you to achieve this goal?
8. Recite the beginning sequence of a sparring match.
9. Name 2 infractions that will cost you a half point deduction in an Olympic sparring match?
10. If you are a board holder where should you face when holding the board?

TERMINOLOGY: (What do the following Korean words mean in English?)

Kyukpa *Breaking* Hosinsool *Self Defense*

Kalyeo *Break* Chong *Blue*

Hong *Red* Gu-mahn *Stop*

Kae-sok *Continue*

BLUE BELTS

1. Count ranking order from 1 to 10 in Korean? (See Study Materials)
2. Recite the ethical rules of Tae Kwon Do (See Study Materials)
3. With respect to each part of the American Flag, what is the meaning of the following? (See Study Materials)
 - a. Colors Red, White and Blue?
 - b. Stars and why 50?
 - c. Stripes and why 13?
4. What does it mean to be humble? Why is it important?
5. What does it mean to have perseverance? Why is it important?
6. Name 2 infractions that will cost you a full point deduction in an Olympic sparring match?
7. Recite the ending sequence of a sparring match
8. Why is it important never to misuse what you have learned in Tae Kwon Do?
9. Why is it important to always remain respectful at all times?
10. How many gup ranks do we have in our school?
11. Name 4 pressure points in the human body. Why is it important to know their location? (See Study Materials)

TERMINOLOGY: (What do the following Korean words mean in English?)

Ahp Chagi *Front kick* Dolryo Chagi *Round house kick*

Yop Chagi *Side kick* Dwi Chagi *Back kick*

Sonnal Chigi *Knife hand strike* Jiruegi *Punch*

RED TO POOM BELTS

1. Recite the Theory of Power (See Study Materials)
2. With respect to each part of the Korean Flag, what is the meaning of the following? (See Study Materials)
 - a. Color White, Blue and Red?
 - b. The Taeguk symbol
 - c. The lines
3. Recite on how you have applied the tenets of Tae Kwon Do in your everyday life?
4. What does it mean to be a leader? What makes a good leader?
5. How would you carry yourself now that you are close to becoming a black belt?
6. What does it mean for you to earn your black belt? Why is this important?
7. What is your next goal after you have earned your black belt?
8. In what ways have Tae Kwon Do training helped your life?
9. Name the persons who have helped you get where you are now? How can you thank them?
How can you give back to these people?
10. Name ways that you can be of service to other people?

TERMINOLOGY: (What do the following Korean words mean in English?)

Eul gul makki *High block or rising block* Momtong makki *Middle block*

Sonnal makki *Knife hand block* Ahre makki *Low or downward block*

Hecho makki *Spreading block*