

2nd KUP Red Belt Grading Theory Quiz

Circle the correct answer and then hand back to Master Fearn, Mr Smith, or a member of the STORM team.

1. What is the name of your pattern and how many moves does it have?

- a) Hwa Rang - 29 moves
- b) Yul Gok - 38 moves
- c) Toi Gye - 37 moves
- d) Joong Gun - 32 moves

2. What does the Korean phrase "Moa Chunbi Sogi C" mean in English?

- a) Closed Ready Stance A
- b) Closed Ready Stance C
- c) Closed Ready Stance B
- d) Parallel Ready Stance C

3. What does the Korean phrase "Twimyo Yop Chagi" mean in English?

- a) Jumping Side Kick
- b) Flying Side Kick
- c) Double Side Kick
- d) Reverse Side Kick

4. What does the Korean phrase "Sonbadak Miro Makgi" mean in English?

- a) Palm Pushing Block
- b) Palm Pressing Block
- c) X Fist Pressing Block
- d) W Shape Block

5. What does the Korean phrase "Soo Jik Sogi" mean in English?

- a) X Stance
- b) Vertical Stance
- c) Low Stance
- d) Closed Ready Stance

6. What does the Korean "Yop Palkup Tulgi" mean in English?

- a) a) Back Fist Side Strike
- b) Side Elbow Thrust
- c) Knife Hand Strike
- d) Straight Fingertip Thrust

7. What is the Korean phrase "Ollyo Jirugi" mean in english?

- a) Obverse Punch
- b) Downward Punch
- c) Side Punch
- d) Upward Punch

8. What is the meaning or interpretation of Hwa Rang?

a) "Means Flowering youth, named after the youth group which originated in the Silla Dynasty about 600 AD. It eventually became the driving force for the unification of the 3 kingdoms of Korea. The 29 Movements represent the 29th Infantry Division where Tae Kwon Do developed into maturity".

b) "The pen name of the 16th Century scholar Yi Wang who was an authority on neo-confucianism. The 37 movements represent his birthplace on the 37th degree latitude and the diagram represents scholar".

c) "Another a name of the patriot Ahn Chang Ho (1876 - 1938), who gave his life to furthering the education of Korea and it's independent movement".

d) "The noted monk who introduced Buddhism into the Silla Dynasty in the year 686 AD".

9. What is "Side Piercing Kick" in korean?

- a) Yop Cha Tulgi
- b) Yop Cha Jirugi
- c) Yop Cha Sogi
- d) Yop Cha Taerigi

10. What does Black signify"?

a) "A plants growth, like how your Tae Kwon Do skills start to grow and you get better".

b) "The heaven, towards which the plant matures into a towering tree as training in Tae Kwon Do progresses".

c) "Danger, warning the opponent to stay away and the belt wearer to be in control".

d) "The opposite of white, signifying maturity and proficiency in Tae Kwon Do. Also indicated the wearers imperviousness to darkness and fear.

3rd KUP Blue Belt Red Tag Grading Theory Quiz

Circle the correct answer and then hand back to Master Fearn, Mr Smith, or a member of the STORM team.

1. What is the name of your pattern and how many moves does it have?

- a) Won Hyo - 28 moves
- b) Yul Gok - 38 moves
- c) Toi Gye - 37 moves
- d) Joong Gun - 32 moves

2. What does the Korean phrase "Moa Chunbi Sogi B" mean in English?

- a) Closed Ready Stance A
- b) Closed Ready Stance C
- c) Closed Ready Stance B
- d) Parallel Ready Stance B

3. What does the Korean word "Twigi" mean in English?

- a) Jumping
- b) Flying
- c) Fighting
- d) Defending

4. What does the Korean phrase "Kyocha Joomuk Noollo Makgi" mean in English?

- a) Hooking Block
- b) Pressing Block
- c) X Fist Pressing Block
- d) Middle Block

5. What does the Korean phrase "Soo Jik Sogi" mean in English?

- a) X Stance
- b) Vertical Stance
- c) Low Stance
- d) Closed Ready Stance

6. What does the Korean "Ilbo Matsoki" mean in English?

- a) 2 Step Sparring
- b) Free Sparring
- c) 3 Step Sparring
- d) 1 Step Sparring

7. What is the Korean phrase "Moorup Chagi" mean in english?

- a) Knee Kick
- b)n Front Kick
- c) Side Kick
- d) Low Kick

8. What is the meaning or interpretation of Toi Gye?

- a) is another name of the great 16th century philosopher and scholar Yi I (1536 - 1584), nicknamed the Confucius of Korea. The 38 movements represent his birthplace on the 38th degree line of latitude".
- b) "The pen name of the 16th Century scholar Yi Wang who was an authority on neo-confucianism. The 37 movements represent his birthplace on the 37th degree latitude and the diagram represents scholar".
- c) "- was another a name of the patriot Ahn Chang Ho (1876 - 1938), who gave his life to furthering the education of Korea and it's independent movement".
- d) was the noted monk who introduced Buddhism into the Silla Dynasty in the year 686 AD".

9. What is "W Shape Block" in korean?

- a) Digutcha Makgi
- b) Kyocha Makgi
- c) San Makgi
- d) An Palmok Kaunde Makgi

10. What does red signify"?

- a) "A plants growth, like how your Tae Kwon Do skills start to grow and you get better".
- b) "The heaven, towards which the plant matures into a towering tree as training in Tae Kwon Do progresses".
- c) "Danger, warning the opponent to stay away and the belt wearer to be in control".
- d) "The ground where the plant Sprouts and takes root, like your new Tae Kwon Do skills develop and start to become habit".

4th KUP Blue Belt Grading Theory Quiz

Circle the correct answer and then hand back to Master Fearn, Mr Smith, or a member of the STORM team.

1. What is the name of your pattern and how many moves does it have?

- a) Won Hyo - 28 moves
- b) Yul Gok - 38 moves
- c) Do San - 24 moves
- d) Joong Gun - 32 moves

2. What does the Korean phrase "Moa Chunbi Sogi B" mean in English?

- a) Closed Ready Stance A
- b) Closed Ready Stance C
- c) Closed Ready Stance B
- d) Parallel Ready Stance B

3. What does the Korean phrase "Sonbadak Noollo Makgi" mean in English?

- a) Palm Hooking Block
- b) Palm Wedging Block
- c) Palm Pressing Block
- d) Guarding Block

4. What does the Korean phrase "Digutcha Makgi" mean in English?

- a) Hooking Block
- b) Pressing Block
- c) U Shape Block
- d) Middle Block

5. What does the Korean phrase "Nachua Sogi" mean in English?

- a) X Stance
- b) L Stance
- c) Low Stance
- d) Closed Ready Stance

6. What does the Korean "Ibo Matsoki" mean in English?

- a) 2 Step Sparring
- b) Free Sparring
- c) 3 Step Sparring
- d) 1 Step Sparring

7. What is the Korean phrase "Sonbadak Ollyo Makgi" mean in english?

- a) Elbow Block
- b) Palm Upward Block
- c) Palm Downward Block
- d) Double Forearm Block

8. What is the meaning or interpretation of Joong Gun?

- a) - is another name of the great 16th century philosopher and scholar Yi I (1536 - 1584), nicknamed the Confucius of Korea. The 38 movements represent his birthplace on the 38th degree line of latitude".
- b) "Named after the patriot who assassinated the first Japanese Governor General of Korea, Hiro Bumi Ito. The 32 movements represent Mr An's age when he was executed in Lui Shung prison in 1910".
- c) was another a name of the patriot Ahn Chang Ho (1876 - 1938), who gave his life to furthering the education of Korea and it's independent movement".
- d) was the noted monk who introduced Buddhism into the Silla Dynasty in the year 686 AD".

9. What is "Upper Elbow Strike" in korean?

- a) Wi Palkup Taerigi
- b) Dung Joomuk Yop Taerigi
- c) Wi Palkup Tulgi
- d) Palkup Jirugi

10. What does blue signify"?

- a) "A plants growth, like how your Tae Kwon Do skills start to grow and you get better".
- b) "The heaven, towards which the plant matures into a towering tree as training in Tae Kwon Do progresses".
- c) "Danger, warning the opponent to stay away and the belt wearer to be in control".
- d) "The ground where the plant Sprouts and takes root, like your new Tae Kwon Do skills develop and start to become habit".

5th KUP Green Belt Blue Tag Grading Theory Quiz

Circle the correct answer and then hand back to Master Fearn, Mr Smith, or a member of the STORM team.

1. What is the name of your pattern and how many moves does it have?

- a) Won Hyo - 28 moves
- b) Yul Gok - 38 moves
- c) Dan Gun - 21 moves
- d) Do San - 24 moves

2. What does the Korean phrase "Bandaе Dollyo Chagi" mean in English?

- a) Reverse Back Kick
- b) Reverse Front Kick
- c) Reverse Turning Kick
- d) Reverse Side Kick

3. What does the Korean phrase "Golcho Makgi" mean in English?

- a) Hooking Block
- b) Wedging Block
- c) Circular Block
- d) Guarding Block

4. What does the Korean phrase "Ap Palkup Taerigi" mean in English?

- a) Front Elbow Strike
- b) Front Kick
- c) Back Fist Strike
- d) Hooking Block

5. What does the Korean phrase "Kyocha Sogi" mean in English?

- a) X Stance
- b) L Stance
- c) Walking Stance
- d) Closed Ready Stance

6. What does the Korean "Jayoo Matsoki" mean in English?

- a) Free Sparring
- b) Free Jumping
- c) Free Punching
- d) Free Kicking

7. What is the Korean phrase "Doo Palmok Makgi" mean in english?

- a) Elbow Block
- b) Guarding Block
- c) Twin Forearm Block
- d) Double Forearm Block

8. What is the meaning or interpretation of Yul Gok?

- a) is another name of the great 16th century philosopher and scholar Yi I (1536 - 1584), nicknamed the Confucius of Korea. The 38 movements represent his birthplace on the 38th degree line of latitude".
- b) the legendary founder of Korea in the year 2333 B.C".
- c) was another a name of the patriot Ahn Chang Ho (1876 - 1938), who gave his life to furthering the education of Korea and it's independent movement".
- d) was the noted monk who introduced Buddhism into the Silla Dynasty in the year 686 AD".

9. What is "Back Fist Side Strike" in korean?

- a) Dung Joomuk Yop Taerigi
- b) Dung Joomuk Yop Makgi
- c) Dung Joomuk Yop Chagi
- d) Dung Joomuk Yop Jirugi

10. What does blue signify"?

- a) "A plants growth, like how your Tae Kwon Do skills start to grow and you get better".
- b) "The heaven, towards which the plant matures into a towering tree as training in Tae Kwon Do progresses".
- c) "Danger, warning the opponent to stay away and the belt wearer to be in control".
- d) "The ground where the plant Sprouts and takes root, like your new Tae Kwon Do skills develop and start to become habit".

6th KUP Green Belt Grading Theory Quiz

Circle the correct answer and then hand back to Master Fearn, Mr Smith, or a member of the STORM team.

1. What is the name of your pattern and how many moves does it have?

- a) Won Hyo - 28 moves
- b) Chon Ji - 19 moves
- c) Dan Gun - 21 moves
- d) Do San - 24 moves

2. What does the Korean phrase "Yop Chagi" mean in English?

- a) Back Kick
- b) Front Kick
- c) Turning Kick
- d) Side Kick

3. What does the Korean phrase "Dollimyo Makgi" mean in English?

- a) Rising Block
- b) Wedging Block
- c) Circular Block
- d) Guarding Block

4. What does the Korean phrase "Dollyo Chagi" mean in English?

- a) Turning Kick
- b) Side Kick
- c) Front Kick
- d) Hooking Kick

5. What does the Korean phrase "Moa Chunbi Sogi A" mean in English?

- a) Closed Ready Stance B
- b) Closed Ready Stance A
- c) Closed Ready Stance C
- d) Open Ready Stance A

6. What does the Korean "Guburyo Sogi" mean in English?

- a) Back Fist Side Strike
- b) Bending Stance
- c) Side Kick
- d) Punch

7. What is the Korean phrase "Gojung Sogi" mean in english?

- a) Fixed Stance
- b) Bending Stance
- c) L Stance
- D) Walking Stance

8. What is the meaning or interpretation of Won Hyo?

- a) "Heaven and the Earth"
- b) "The holy Dan Gun, the legendary founder of Korea in the year 2333 B.C".
- c) "Do san was another a name of the patriot Ahn Chang Ho (1876 - 1938), who gave his life to furthering the education of Korea and it's independent movement".
- d) "Won Hyo was the noted monk who introduced Buddhism into the Silla Dynasty in the year 686 AD".

9. What is "Side Punch" in korean?

- a) Yop Taerigi
- b) Yop Makgi
- c) Yop Chagi
- d) Yop Jirugi

10. What does green signify"?

- a) "A plants growth, like how your Tae Kwon Do skills start to grow and you get better".
- b)"Innocence, like a beginner who knows nothing about Tae Kwon Do".
- c) "Danger, warning the opponent to stay away and the belt wearer to be in control".
- d) "The ground where the plant Sprouts and takes root, like your new Tae Kwon Do skills develop and start to become habit".

7th KUP Yellow Belt Green Tag Grading Theory Quiz

Circle the correct answer and then hand back to Master Fearn, Mr Smith, or a member of the STORM team.

1. What is the name of your pattern and how many moves does it have?

- a) Sajo Jirugi - 15 moves
- b) Chon Ji - 19 moves
- c) Dan Gun - 21 moves
- d) Do San - 24 moves

2. What does the Korean phrase "Annun Sogi" mean in English?

- a) Sitting Stance
- b) Walking Stance
- c) L Stance
- d) Ready Stance

3. What does the Korean phrase "Hechyo Makgi" mean in English?

- a) Rising Block
- b) Wedging Block
- c) Knifehand Block
- d) Guarding Block

4. What does the Korean phrase "Sun Sonkut Tulgi" mean in English?

- a) Straight Fingertip Thrust
- b) Straight Knife Hand Thrust
- c) Straight Forearm Thrust
- d) Straight Rising Thrust

5. What does the Korean phrase "Chookyo Makgi" mean in English?

- a) Wedging Block
- b) Knife Hand Block
- c) Low Block
- d) Rising Block

6. What does the Korean "Dung Joomuk Yop Taerigi" mean in English?

- a) Back Fist Side Strike
- b) Back Fist Side Block
- c) Back Fist Side Thrust
- d) Back Fist Side Punch

7. What does the Korean phrase "Japp Yosul Tae" mean in english?

- a) Release From Grab
- b) Release Punch
- c) Release Stance
- d) Release Block

8. What is the meaning or interpretation of Do San?

- a) "Heaven and the Earth"
- b) "The holy Dan Gun, the legendary founder of Korea in the year 2333 B.C".
- c) " was another a name of the patriot Ahn Chang Ho (1876 - 1938), who gave his life to furthering the education of Korea and it's independent movement".
- d) "4 Directional Punch".

9. What is "Knifehand Side Strike" in korean?

- a) Sonkal Yop Taerigi
- b) Sonkal Yop Makgi
- c) Sonkal Yop Sogi
- d) Sonkal Yop Chagi

10. What does green signify"?

- a) "A plants growth, like how your Tae Kwon Do skills start to grow and you get better".
- b) "Innocence, like a beginner who knows nothing about Tae Kwon Do".
- c) "Danger, warning the opponent to stay away and the belt wearer to be in control".
- d) "The ground where the plant Sprouts and takes root, like your new Tae Kwon Do skills develop and start to become habit".

8TH KUP Yellow Belt Grading Theory Quiz

Circle the correct answer and then hand back to Master Fearn, Mr Smith, or a member of the STORM team.

1. What is the name of your pattern and how many moves does it have?

- a) Sajo Jirugi - 15 moves
- b) Chon Ji - 19 moves
- c) Dan Gun 21 - moves
- d) Dan Gun - 19 moves

2. What does the Korean phrase "Ap Chagi" mean in English?

- a) Front Kick
- b) Front Punch
- c) Front Block
- d) Front Stance

3. What does the Korean phrase " Sonkal Daebi Makgi" mean in English?

- a) Knife Hand Guarding Stance
- b) Knife Hand Punch
- c) Knife hand Strike
- d) Knife Hand Guarding Block

4. What does the Korean phrase "Sambo Matsoki" mean in English?

- a) Exercise
- b) 3 Step Sparring
- c) Sparring
- d) Pattern

5. What does the Korean phrase "Dollyo Chagi" mean in English?

- a) Turning Strike
- b) Turning Block
- c) Turning Kick
- d) Turning Punch

6. What does Yellow Belt signify?

- a) "A plants growth, like how your Tae Kwon Do skills start to grow and you get better".
- b) "Innocence, like a beginner who knows nothing about Tae Kwon Do".
- c) "Danger, warning the opponent to stay away and the belt wearer to be in control".
- d) "The earth from which the plant sprouts and takes root, like your new Tae Kwon Do skills develop start to become habit".

7. What is the Korean for "Twin Forearm Block"?

- a) Sang Palmok Makgi
- b) Sang Palmok Taerigi
- c) Sang Palmok Jirugi
- d) Sang Palmok Sogi

8. What is the meaning or interpretation of Dan Gun?

- a) "Heaven and the Earth"
- b) "Named after the Holy Dan Gun, the legendary founder of Korea in the year 2333BC."
- c) "4 Directional Punch"
- d) "Hand and Foot Fighting"

9. What is the Korean for L Stance?

- a) Gunnun Sogi
- b) Niunja Sogi
- c) Annun Sogi
- d) Chunbi Sogi

10. What is the Korean for "Parallel Ready Stance"?

- a) Niunja Sogi
- b) Gunnun Sogi
- c) Annun Sogi
- d) Narani Chunbi Sogi

9TH KUP White Belt Yellow Tag Grading Theory Quiz

Circle the correct answer and then hand back to Master Fearn, Mr Smith, or a member of the STORM team.

1. What is the name of your pattern and how many moves does it have?

- a) Sajo Jirugi - 15 moves
- b) Chon Ji - 19 moves
- c) Chon Ji - 15 moves
- d) Sajo Jirugi - 19 moves

2. What does the Korean word "Taerigi" mean in English?

- a) Kick
- b) Punch
- c) Block
- d) Strike

3. What does the Korean phrase "Niunja Sogi" mean in English?

- a) L Stance
- b) L Punch
- c) L Kick
- d) L Block

4. What does the Korean word "Tul" mean in English?

- a) Exercise
- b) Game
- c) Instructor
- d) Pattern

5. What does the Korean phrase "Sonkal Taerigi" mean in English?

- a) Knife Hand Strike
- b) Knife Hand Block
- c) Knife Hand Punch
- d) Knife Hand Thrust

6. What does Yellow Belt signify?

- a) A plants growth, like how your Tae Kwon Do skills start to grow and you get better.
- b) Innocence, like a beginner who knows nothing about Tae Kwon Do.
- c) Danger, warning the opponent to stay away and the belt wearer to be in control.
- d) The earth from which the plant sprouts and takes root, like your new Tae Kwon Do skills develop start to become habit.

7. What is the Korean for "Walking stance"?

- a) Niunja Sogi
- b) Annon Sogi
- c) Gunnun Sogi
- d) Chunbi Sogi

8. What is the meaning or interpretation of Chon Ji?

- a) "Heaven and the Earth"
- b) "Earth and Sky"
- c) "Day and Night"
- d) "Sea and Land"

9. What are the 5 tenets of Tae Kwon Do?

- a) Courtesy, Integrity, Perseverance, Self Control, Indomitable Spirit
- b) Unkindness, rudeness, selfishness, messiness, arrogance
- c) Negative, disruptive, lazy, argumentative, silly
- d) Violence, intimidation, scary, criminal, bully

10. What is the Korean for "ready"?

- a) Haessan
- b) Kyong ye
- c) Chunbi
- d) Barroll

10th KUP White Belt Grading Theory Quiz

Circle the correct answer and then hand back to Master Fearn, Mr Smith, or a member of the STORM team.

1. What does white belt signify?

- a) A plants growth, like how your Tae Kwon Do skills start to grow and you get better.
- b) Innocence, a beginner who has no knowledge of Tae Kwon Do.
- c) Danger, warning the opponent to stay away and the belt wearer to be in control.
- d) The ground where the plants seed takes root, like your new Tae Kwon Do skills start to become habit.

2. What do the Korean words "Tae Kwon Do" mean in English?

- a) Art of Korean dance
- b) Art of Korean language
- c) Art of fighting
- d) Art of hand and foot fighting

3. Where does Tae Kwon Do come from?

- a) South Korea
- b) England
- c) USA
- d) France

4. What are the 5 tenets of Tae Kwon Do?

- a) Courtesy, Integrity, Perseverance, Self Control, Indomitable Spirit
- b) Unkindness, rudeness, selfishness, messiness, arrogance
- c) Negative, disruptive, lazy, argumentative, silly
- d) Violence, intimidation, scary, criminal, bully

5. What does the Korean word "Dojang" mean in English?

- a) Swimming Pool
- b)) Sports Centre
- c) Football Club
- d) Training Hall

6. What does the Korean phrase "Sajo Jurugi" mean in English?

- a) 4 Directional Block
- b) 4 Directional Jump
- c) 4 Directional Punch
- d) Any Direction Kick

7. What does the Korean word "Ti" mean in English?

- a) Belt
- b) Jacket
- c) Tie
- d) Shorts

8. What does the Korean word "Dobok" mean in English?

- a) Costume
- b) Training Suit
- c) Pad
- d) Student

9. What the name of the examiner doing your grading?

- a) Mr Smith 2nd Dan
- b) Master Fearn 7th Dan
- c) Master Peros 8th Dan
- d) Mr Reed 4th Dan

10. What is the Korean word for kick?

- a) Chagi
- b) Jirugi
- c) Magki
- d) Sogi

Count to 10 in Korean!