

Grading Theory Sheets

These are the questions you will be asked at this grading. Either some or all of the questions in your section.

Grade - White Belt 10th Kup

(this also refers to the Little Ninjas who have moved up and are grading for the 1st time)

What does Tae Kwon Do mean? The Art of Hand and Foot Fighting

4 Directional Punch in Korean - Sajo Jirugi

Count to Ten in Korean

What's the Name of your Examiner? Master Peros 8th Dan

Whats the Korean Word for Kick? Chagi

Grade - White Belt Yellow Stripe 9th Kup

Name of your Pattern and the number of moves? Chon Ji - 19 moves

What's the interpretation of Chon Ji?

5 Tenets of TKD?

L stance ?

Knife hand Strike?

Grade - Yellow Belt 8th Kup (no 3 step Sparring in this grading)

Name of your Pattern and the number of moves? Dan Gun - 21 Moves

What's the interpretation of Dan Gun?

Knife hand Guarding Block?

Twin Forearm Block?

What does the Colour Yellow Signify?

Grade - Yellow Belt Green Stripe 7th Kup (no 3 step Sparring in this grading)

Name of your Pattern and the number of moves? Do San - 24 Moves

What's the interpretation of Do San?

Wedging Block?

Straight spear finger tip thrust?

What does the Colour Green Signify?

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Grade - Green Belt 6th Kup (no 3 step Sparring or Semi Free sparring in this grading)

Name of your Pattern and the number of moves? Won Hyo - 28 Moves

What's the interpretation of Won Hyo?

Circular Block?

Side Kick?

Turn Kick?

Bending Stance?

Grade - Green Belt Blue Stripe 5th Kup (no 3 step or 2 step Sparring and no Semi Free sparring in this grading)

You will be sparring so bring all of your sparring pads

Name of your Pattern and the number of moves? Yup Gok - 38 Moves

What's the interpretation of Yul Gok?

Hooking Block?

X stance?

Free Sparring?

Reverse Turning Kick?

Blue Belts and above will be asked anything up to their grade (no more than 5 Questions).