

- Junior What do you like most about Taekwon-Do?
- Junior What does Tae Kwon-Do mean & What are the Tenets of Taekwon-Do
- Junior What does TAGB stand for and when was it formed? 1983
- Junior What does BTC stand for and when was it formed? 1988
- Junior What does the Red Belt signify?
- Junior What does the Blue Belt signify?
- Junior What does the Green Belt signify?
- Junior What does the Yellow Belt signify?
- Junior What does the White Belt signify?
- Junior What is Parallel Stance in Korean & also the width, weight ratio?
- Junior What is Sitting Stance in Korean & also the width, weight ratio?
- Junior What is Walking Stance in Korean & also the width, length, weight ratio?
- Junior What is L Stance in Korean & also the width, length, weight ratio?
- Junior What is the Fore-fist, Back-Fist & Knife-Hand in Korean?
- Junior What is the Uniform, the Belt & the Training hall in Korean?
- Junior What Two Stances and Blocks are there in Chon-Ji?
- Junior Why do we use Stances?
- Junior What is the term for Inner and Outer Forearm in Korean?
- Junior What is Knifehand Guarding Block in Korean?
- Junior What are the Sections of the Body in Korean and identify them on your body?
- All Give examples of the Tenets of Taekwon-Do in your training
- All What is the difference between Three and Two Step Sparring
- All Name the TAGB Chairman, the TAGB Vice Chairman & the TAGB Secretary?
- All How do Pattern Meanings inspire us?
- All Name Three Elbow Strike
- All Name Three Fingertip Thrust?

- All Name any Kicks that use the Ball of Foot?
- All Name any Kicks that use Foot Sword?
- All Name any Kicks that use Back Heel?
- All How have you Developed as a Person since starting Taekwon-Do?
- All Who is your Instructor and what are their Best Qualities?
- All Name the Five Patterns that use Back-Fist Strike? DS,YG,JG,TG,CM.
- All Name Three Patterns using Release from Grab? DS,JG,HR.
- All Why do we practise Three Step Sparring?
- All What are the purpose of the Jumps in Yul-Gok and in Toi-Gye?
- All Why do we have Slow Motion moves in Patterns?
- All How does the Release work in Do San?
- All What is the National governing body for Taekwon-Do that TAGB is part of?
- All What is the International body for Taekwon-Do that TAGB is part of?
- All What is Taekyon?
- All Why are Black Belt Doboks edged in Black?
- All Which Other Martial Arts were used in the development of Taekwon-Do?
- All What is the purpose of Goburyo Sogi?
- All What is Mikulgi?
- All How many types of Side Kick do you know in Korean?
- All What inspires you to Carry on Training? RF, Concen, Equilib, Breath C, Mass, Speed
- All Give me the Six Factors that make up the Theory of Power in Taekwon-Do?
- All Name in Korean, Parts of the Foot you can use with Turning Kick?
- All How does U Shape Block work?
- All In Upset Fingertip Thrust, why is the Palm facing upwards?
- All Why do we perform Patterns?

All	Why does the pattern Choong Moo end in a left hand attack?	
All	Where and when was Taekwon-Do named?	11th April 1955
All	When was Taekwon-Do introduced to the UK?	1967
All	When was the TAGB formed?	1983
All	When was TKD International formed?	1993
All	When was BTC formed?	1988
All	What is the purpose of the BTC?	
All	Which belts signifies Heaven, Earth, Plants growth, Danger, Innocence?	
All	What does the Black Belt signify?	
All	Whats the difference between the Sixth move in Won-Hyo and the Sixth in Hwa-Rang?	
All	Name the Three Kingdoms of Korea?	Silla, Koguryo, Baek-Je
All	Explain the meaning of Indomitable Spirit	
All	What date did you start Taekwon-do and why?	
All	Name Four High section targets	
All	Name Four Middle section targets	
All	Name Three Low section targets	
All	What is the Korean term for Parts of the Hand?	Sang Bansin
All	Name Six Parts of the Hand in Korean	
All	What is the Korean term for Parts of the Foot?	Habansin
All	Name Six Parts of the Foot in Korean	
All	Name Ten Kicks in Korean	
All	Name Two Parts of the Foot used for Hooking Kick in Korean	
All	Name Ten Blocks in Korean	
All	Name 12 Stances you should know in Korean?	
All	What Is a Pattern?	
All	How many TKD patterns are there and why?	

- All Why do we learn the Meanings of Patterns
- All Name all the Patterns you know and the Number of Moves in each one
- All Name the Five forms of Sparring we do in Korean.
- All Why do we do Prearranged Sparring (3 step,2 step etc)
- All Why do you Want to become a Black belt
- All What is the meaning of Chon-ji? and number of moves?
- All What is the meaning of Dan-gun? and number of moves?
- All What is the meaning of Do-San? and the number of moves?
- All What is the meaning of Won-Hyo? and the number of moves?
- All What is the meaning of Yul-Gok? and the number of moves?
- All What is the meaning of Joon-Gun? and the number of moves?
- All What is the meaning of Toi-Gye? and the number of moves?
- All What is the meaning of Hwa-Rang? and the number of moves?
- All What is the meaning of Choong-Moo? and the number of moves?
- All What do the 38 movements in Yul-Gok represent?
- All What do the 32 movements of Joon-Gun represent?
- All What do the 37 movements of Toi-Gye represent?
- All What do the 29 movements of Hwa-Rang represent?
- All Why do we Jump in Choong-Moo?
- All Which Three Patterns have a Bending Ready Stance in them? WH,YG,CM
- All Show and Name in Korean all the different Punches you know
- All Show and Name in Korean all the different Kicks you know
- All What have you gained from Taekwon-Do?
- All What inspiration and guidance can you draw from the interpretation of Choong-Moo?
- All What does the colour Black signify?
- All What is Obverse and Reverse in Korean? How do you define these techniques?

- All What is Release from Grab in Korean?
- All What is Fixed Stance in Korean & also the width, length, weight ratio?
- All What is Vertical Stance in Korean & also the width, length, weight ratio?
- All What is Palm Inward Block in Korean?
- All Count to Ten in Korean
- All What is Free Sparring in Korean and explain what it is?
- All What is Rear Foot Stance in Korean & also the width, length, weight ratio?
- All What is W Shaped Block in Korean and what is it used for?
- All What is Flying in Korean and what are the differences between Flying and Jumping techniques?
- All What is significant about the date 686AD? Won-Hyo
- All When did Choong-Moo invent the first Armoured Battleship & what was it called? 1592AD
- All What is Back Kick in Korean and which Attacking Tool do you use?
- All What is Downward Kick in Korean and which Attacking Tool do you use?
- All What is Turning Kick and which Attacking Tool do you use?
- All What is Twisting Kick and which Attacking Tool do you use?
- All What is Checking Block in Korean and when would you use it?
- All What is Circular block in Korean and when would you use it?
- All What is Hooking Block in Korean and when would you use it?
- All Why is Saju Jirugi not a pattern?
- All What is Rising Block in Korean and why would you use it?
- All What is Outer Forearm Wedging Block in Korean and why would you use it?
- All What is X Stance in Korean and tell me what you know about the stance?
- All What is Twin Vertical Punch in Korean and why would you use it?
- All What is X Fist Pressing Block in Korean and why would you use it?
- All What is Step Turn in Korean and how is it performed? Omgyo Didimyo Dolgi

- All What is Low Stance in Korean and give me a Pattern with this stance in it?
- All What is Low Stance in Korean & give me the difference between it and Walking Stance?
- All What is Knifehand Downward Strike in Korean and why would you use it?
- All What is Crescent Kick in Korean and which Part of the Foot would you use? Yop Bal Badak
- All What does the hand position in Moa Jumbi Sogi A symbolise?
- All Why is Rising Block on an angle & Is it a Front Block or a Side Block?
- All What does the colours of the Taekwon-Do Belts signify?
- All What is the difference between Normal Motion & Continuous Motion?
- All What is Side Piercing Kick and which attacking tool do you use?
- All What is Attention Stance in Korean & demonstrate it?
- Adult What is the difference between One and Two Step Sparring
- Adult Why is it possible for a Blue Belt to beat a Black Belt at sparring?
- Adult Explain what Degrees or Dans are.
- Adult How many TAGB Areas are there?
- Adult Name the TAGB Area Co-ordinators and there Areas?
- Adult Give me a brief history of Teakwon-Do and TAGB
- Adult What are the primary targets of High Section?
- Adult What are the primary targets of Middle Section?
- Adult What are the primary targets of Low Section?
- Adult Why do we practise One Step Sparring?
- Adult Why do people start training in Taekwon-Do and does this change as they train?
- Adult How does the Meaning of Patterns inspire you?
- Adult What have you given back to Taekwon-Do since started training?
- Adult Differences between WTF and ITF styles? & which one Original?
- Adult Differences between Teakwon-Do, Karate and Kung Fu?
- Adult Why do You think the TAGB so successful?

- Adult If you become a Black Belt, what could you contribute to the TAGB?
- Adult Why do we Need Inspiration?
- Adult Teakwon-Do is a Modern, Scientifically Developed Martial Art. Do you agree? & what does it mean?
- Adult When you are a Sixth Dan and you know all of the Patterns, should you still practise them? and why?
- Adult What is the difference between Taekwon-Do the Art and Taekwon-Do the Sport?
- Adult What is the difference between Continuous Motion & Fast Motion?
- Adult How do you define a Left or Right Stance?
- Adult Explain Connecting Motion
- Adult Explain Stamping Motion
- Adult What is the difference between a Punch, Strike and Thrust?
- Adult What is Spot Turn in Korean & How is it performed?
- Adult What is significant about the date 1910?
- Adult What is Stamping Kick in Korean and which attacking tool would you use?
- Adult What is Front Kick in Korean & what attacking tools could you use?

Gujari Dolgi

Joong-Gun

Cha Bapgi