



Kildare Tae Kwon Do School



Typical Questions for White Belts – 10th Kup

Q1. What does Tae Kwon-Do mean?
A1.
Q2. What are the tenets of Tae Kwon-do?
A2.
Q3. Name all your stances?
A3.
Q4. What does White Belt mean?
A4.
Q5. What part of the hand do you punch with?
A5.
Q6. Name the parts of the forearm you block with?
A6.
Q7. What country does Tae Kwon-do come from?
A7.
Q8. Who founded Tae Kwon-Do?
A8.
Q9. Name your two Tae Kwon-Do Instructors/Teachers?
A9.
Q10. What is the name of the movement we use for the knees?
A10.



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Typical Questions for Yellow Tag – 9th Kup

Q1. How many moves in Chon-ji?
A1.
Q2. What is the meaning of Chon-ji?
A2.
Q3. How do you form a knife-hand?
A3.
Q4. What is front snap kick in Korean?
A4.
Q5. What part of the foot is used when performing front snap kick?
A5.
Q6. What is the Korean for a pattern?
A6.
Q7. What is the Korean for a Strike?
A7.
Q8. What does the colour Yellow Belt signify?
A8.
Q9. What is L-stance in Korean?
A9.
Q10. What is the weight distribution in L-stance?
A10.
Q11. What is the Korean for 3 step sparring?
A11
Q12. Name 3 blocks in Korean?
A12
Q13. What part of the arm is the blocking tool when using Rising block?
A13
Q14. Is Rising Block performed half or full facing?
A14
Q15. What is the Korean for double punch?
A15
Q16. What is significant about 11th April 1955?
A16
Q17. Who is the President of the INTA, currently an 8th Degree Master?
A17
Q18. What is the Korean for fore fist & back fist?
A18
Q19. What is the Korean for knife-hand?
A19



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Typical Questions for Yellow Belt – 8th Kup

Q1. How many moves in Dan-Gun?
A1.
Q2. What is the meaning of Dan-Gun?
A2.
Q3. How do you perform a knife-hand Guarding Block and what's the Korean name?
A3.
Q4. How do you perform a Twin Forearm Block and what's the Korean name?
A4.
Q5. How do you perform an Inward Outer Forearm Block and what's the Korean name?
A5.
Q6. When performing a Twin Forearm Block, Which is the primary Block and Why?
A6.
Q7. What is front snap kick in Korean?
A7.
Q8. What is the difference between the Front Snap Kick and the Side Kick?
A8.
Q9. What is Sitting-stance in Korean?
A9.
Q10. What is the weight distribution in Sitting -stance?
A10.
Q11. What is the Korean for 3 step sparring?
A11
Q12. Name 3 strikes in English and Korean?
A12
Q13. What part of the arm is the blocking tool when using Low block?
A13
Q14. Is Rising Block performed half or full facing?
A14
Q15. What is the Korean for Middle Knife-hand Strike?
A15
Q16. What is significant about the year 1967?
A16
Q17. What does the colour Yellow Belt signify?
A17
Q18. Name 3 stances in English and Korean?
A18
Q19. What is the Korean for Inward and Outward?
A19
Q20 What are your Instructors names?



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A20

Typical Questions for Green Tag – 7th Kup

Q1. How many moves in Do-San?

A1.

Q2. What is the meaning of Do-San?

A2.

Q3. How do you form a high outer forearm block and what's the Korean name?

A3.

Q4. How do you form wedging block and what's the Korean name?

A4.

Q5. How do you perform straight fingertip thrust and what's the Korean name?

A5.

Q6. How do you perform the release move, what's its purpose & the Korean name?

A6.

Q7. How do you perform high back fist strike and what's the Korean name?

A7.

Q8. What is the Korean for side kick and what part of the foot is used?

A8.

Q9. What is the Korean for turning kick and what part of the foot is used?

A9.

Q10. Describe and show sitting stance?

A10.

Q11. What is the Korean for 3 step semi free sparring?

A11

Q12. Name 4 blocks in English & Korean?

A12

Q13. What is the attacking tool when using straight fingertip thrust in English & Korean?

A13

Q14. Is wedging block performed half or full facing?

A14

Q15. What is the Korean for thrust and strike?

A15

Q16. What is the Korean for punch, kick, block & stance?

A16

Q17. What does the colour Green signify?

A17

Q18. Name 4 stances in English & Korean?

A18

Q19. What is the Korean for the part of the foot which is the striking tool for turning kick?

A19

Q20. What is the Korean for forearm guarding block?

A20



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Typical Questions for Green Belt – 6th Kup

Q1. How many moves in Won-Hyo?
A1.
Q2. What is the meaning of Won-Hyo?
A2.
Q3. How do you form closed ready stance A and what's the Korean name?
A3.
Q4. How do you perform inward knife-hand strike and what's the Korean name?
A4.
Q5. How do you perform bending ready stance A and what's the Korean name?
A5.
Q6. How do you perform circular block, what's its purpose & the Korean name?
A6.
Q7. How do you perform X-fist pressing block and what's the Korean name?
A7.
Q8. What is the Korean for front, side and back?
A8.
Q9. What is the Korean for back piercing kick and what part of the foot is used?
A9.
Q10. Describe bending ready stance A?
A10.
Q11. What is the Korean name for 2 step sparring?
A11
Q12. Name 5 blocks in English & Korean?
A12
Q13. What is the Korean for twin vertical punch?
A13
Q14. Is Circular block performed half, full or reverse half facing?
A14
Q15. What is the Korean for fixed stance & describe it?
A15
Q16. What is the Korean for elbow?
A16
Q17. What does the colour Green signify?
A17
Q18. Name 5 stances in English & Korean?
A18
Q19. What is the Korean for straight finger-tip thrust?
A19



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Q20 What is the Korean for Guarding block?

A20

Typical Questions for Blue Tag – 5th Kup

Q1. How many moves in Yul-Guk?

A1.

Q2. What is the meaning of Yul-Guk?

A2.

Q3. How do you perform a Hooking Block and what's the Korean name?

A3.

Q4. How do you perform a Double Forearm Block and what's the Korean name?

A4.

Q5. How do you perform a Twin Knife-hand Block and what's the Korean name?

A5.

Q6. How do you perform inward palm block and what's the Korean name?

A6.

Q7. How do you perform twin upset punch and what's the Korean name?

A7.

Q8. What is the Korean for jumping?

A8.

Q9. What is the Korean for reverse turning kick and what part of the foot is used?

A9.

Q10. Describe what motion the two punches are near the start of your pattern?

A10.

Q11. Describe X stance and what's the Korean name?

A11

Q12. Name 5 blocks in English and Korean?

A12

Q13. What is the Korean for Flat finger-tip thrust?

A13

Q14. Describe the first movement of Yul-Guk and its purpose?

A14

Q15. What is the Korean for upward kick with the Knee and describe it?

A15

Q16. What is the Korean for Front Elbow Strike?

A16

Q17. What does the colour Blue Belt signify?

A17

Q18. Name 5 stances in English and Korean?

A18

Q19. What is the Korean for Downward (axe) Kick and what part of the foot is used?



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A19

Q20 What is the Korean name for free sparring?

A20

Typical Questions for Blue Belt – 4th Kup

Q1. How many moves In Joong-Gun?

A1.

Q2. Meaning of Joong-Gun?

A2.

Q3. What is the Korean for U-shape block?

A3.

Q4. What other name is given to U-shape block. Both English & Korean

A4.

Q5. What is the purpose of U-shape block?

A5.

Q6. What is the Korean for Rear foot stance & explain it?

A6.

Q7. What is the Korean for Low stance & explain it?

A7.

Q8. What is the release move in Joong-Gun & explain it?

A8.

Q9. Name 6 different blocks both in Korean & English

A9.

Q10. Name 5 different kicks. Both in Korean & English

A10.

Q11. Name 6 different stances. Both in Korean & English

A11

Q12. Name 6 different hand parts both in Korean & English

A12

Q13. Name 5 different foot parts both in Korean & English

A13

Q14. Name 4 different hand attacks from pattern Joong-Gun Both in Korean & English

A14

Q15. What is the ready position in Joong-Gun Both in Korean & English?

A15

Q16. Why do we perform 1-step sparring?

A16

Q17. Why do we perform patterns?

A17

Q18. Why do we learn the meanings of patterns?

A18

Q19. Name the Founder of Taekwon-Do & when TKD started officially?

A19

Q20 Name each pattern you know & how many moves in each 1?

A20

Q21. What does any colour belt up to blue signify?

A21



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Q22. What is the meaning of any pattern up to Joong-Gun?

A22

Typical Questions for Red Tag – 3rd Kup

Q1. How many moves in Toi-Gye?

A1.

Q2. What is the meaning of Toi-Gye?

A2.

Q3. What is the 2nd and 3rd move of Toi-Gye? Both in Korean & English

A3.

Q4. Show me & what is the Korean for slow twin side elbow trust?

A4.

Q5. Show me & what is the Korean for W-shape block?

A5.

Q6. How do we generate power into W-shape block?

A6.

Q7. What is the Korean for sitting stance and explain it?

A7.

Q8. What is the Korean for the knee technique (upward knee kick) in Toi-Gye?

A8.

Q9. Name 2 different fingertip trusts. Both in Korean & English

A9.

Q10. What is the purpose of the jump in Toi-Gye?

A10.

Q11. What is the Korean for X-stance and explain it?

A11

Q12. Name 8 different blocks both in Korean & English?

A12

Q13. Name 6 different kicks both in Korean & English

A13

Q14. Name 7 different stances both in Korean & English

A14

Q15. Name 6 different hand parts both in Korean & English

A15

Q16. Name 5 different foot parts both in Korean & English

A16

Q17. Name 4 different hand attacks from Joong-Gun both in Korean & English

A17

Q18. What is Neo-Confucianism?

A18

Q19. The 38 moves in Yul-Guk refer to what two things?

A19

Q20. What are the 5 tenets of TKD Which 1 best represents you?

A20

Q21. Name the three Masters in Ireland who teach ITF Tae Kwon-do?

A21

Q22. Name each pattern you know & how many moves in each one?



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A22

Q23. What does any colour up to red signify?

A23

Q24. What is the meaning of any pattern up to Toi-Gye?

A24

Typical Questions for Red Belt – 2nd Kup

Q1. How many moves in Hwa-Rang?

A1.

Q2. What is the meaning of Hwa-Rang?

A2.

Q3. What is the first move of Hwa-Rang? Both in English and Korean & explain its purpose?

A3.

Q4. What is the Korean for the upward punch in Hwa-Rang & explain its purpose?

A4.

Q5. What is the Korean for Vertical stance & explain it?

A5.

Q6. What is the release move in Hwa-Rang & explain it?

A6.

Q7. Which 3 patterns have release moves? Show me & explain the difference between them?

A7.

Q8. When performing L-stance & punch in Hwa-Rang. Is it obverse or reverse?

A8.

Q9. What is the ready position in Hwa-Rang? Both in English and Korean

A9.

Q10. What is the Korean for walking stance and explain it?

A10.

Q11. Name 8 different blocks both in Korean & English?

A11

Q12. Name 7 different kicks both in Korean & English?

A12

Q13. Name 7 different stances. Both in Korean & English

A13

Q14. Name 6 different hand parts. Both in Korean & English

A14

Q15. Name 6 different foot parts. Both in Korean & English

A15

Q16. Name 4 different hand attacks from pattern Hwa-Rang. Both in Korean & English

A16

Q17. Name the 4 parts of your forearm. Both in English and Korean

A17

Q18. What does Red Belt signify?

A18

Q19. What is the difference in weight distribution in vertical stance?

A19

Q20. What is the difference between L-Stance and Fixed Stance?

A20

Q21. How have you supported your club and organisation?

A21

Q22. Name each pattern you know & how many moves in each 1?

A22

Q23. What does any colour belt up to Red signify?



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A23

Q24. What is the meaning of any pattern up to Hwa-Rang?

A24

Q25. Why do you want to be a Black Belt?

A25

Typical Questions for Black Tag – 1st Kup

Q1. How many moves in Choong-Moo?

A1.

Q2. Meaning of Choong-Moo?

A2.

Q3. What is the purpose of the 360 jump spin in Choong-Moo?

A3.

Q4. What is the Korean for front Reverse knife-hand strike?

A4.

Q5. What is the Korean for twisting kick?

A5.

Q6. What is the Korean for X-knife-hand checking block and explain its use?

A6.

Q7. What is the Korean for twin upward palm block?

A7.

Q8. Which 3 patterns have release moves? Show me & explain the difference between them?

A8.

Q9. Describe the difference between closed ready stances A, B & C?

A9.

Q10. What is the Korean for Walking stance and explain it fully?

A10.

Q11. Name 10 different blocks. Both in Korean & English?

A11

Q12. Name 9 different kicks. Both in Korean & English?

A12

Q13. Name 9 different stances. Both in Korean & English?

A13

Q14. Name 10 different hand parts. Both in Korean & English?

A14

Q15. Name 6 different foot parts. Both in Korean & English?

A15

Q16. Name 6 different hand attacks from pattern Choong-Moo. Both in Korean & English?

A16

Q17. Name the 4 parts of your forearm. Both in English and Korean?

A17

Q18. What does Black signify? Then, what is meant by impervious to darkness & fear?

A18

Q19. Why do you want to be a Black belt?

A19

Q20. Why do we practice free sparring and two-on-one sparring?

A20

Q21. Name each pattern you know & how many moves in each one?

A21

Q22. What does any colour up to black signify?

A22

Q23. What is the meaning of any pattern up to Choong-Moo?



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A23

Q24. What is the difference between a strike and a thrust?

A24

Q25. Name 3 fingertip thrusts in Korean & English and describe their use.

A25