

**SPARTA TAE KWON DO
BELT TESTING QUESTIONS**

(Answers are in italics. Some acceptable 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. (Can go up to 10) *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.*

9. What are the names of your instructors?

(These first 9 questions are recommended for children 8 years old and under green belt. Green and Blue belts regardless of age will have to know Green and Blue Belt questions. Depending on the student instructor have the discretion to ask questions outside this recommendation.)

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	<i>School, where you train</i>	Dobok	<i>Uniform</i>
Charyot	<i>Attention</i>	Kyung-ne	<i>Bow</i>
Joon bi	<i>Ready Stance</i>	Si-Jak	<i>Begin</i>

YELLOW TO ORANGE BELTS

1. Count 1 to 10 in Korean?

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

2. How old is Tae Kwon Do? A: Over 2,000 years old.

3. What is the “WT”? the “USAT” and the Kukkiwon?

A: WT – World Tae Kwon Do; USAT – United States Tae Kwon Do and 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 2 rules in Olympic style sparring?

A: (See rules and regulations, Some examples: No hitting below the waist, no punching to the face, no tripping or throwing, must wear proper protective equipment, no falling on the ground or hit a fallen opponent)

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

A: S-Speed, P-Power, A-Aqility, 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	<i>Forms</i>	Gyoorogi	<i>Sparring</i>
Pil Sung	<i>Victory or Reward</i>	Gup	<i>Color Belt Rank</i>
Dan	<i>Black Belt Rank</i>	Kihap	<i>Yell</i>
Guk-ki	<i>Flag</i>	Barro	<i>Return to Previous</i>
Buhsahbunim	<i>Instructor</i>	Sahbuhnim	<i>Master</i>
Kwangjangnim	<i>Grandmaster</i>		

GREEN BELTS

1. Recite the Theory of Power

Reaction Force

Concentration

Equilibrium

Breath Control

Speed

Mass

2. Name the 3 kingdoms of ancient Korea?

A: Silla, Koguryo, Paekje

3. Name the youth warrior group of the Koguryo Kingdom?

A: Sonbea

4. Name the youth warrior group of the Silla Kingdom?

A: Hwarang

5. What is the KTA?

A: Korea Taekwondo Association

6. What is the IOC?

A: International Olympic Committee

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.

Referee calls the competitors to the center – “Chong – Hong”

Referee signals competitors to bow to each other

Referee command to get ready – “Gyoorogi Joonbi”

Referee commands to commence sparring – “Sijak”

9. True or False: Infractions in an Olympic sparring match will result in a full point awarded to your opponent. A: True

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

Kyukpa	<i>Breaking</i>	Hosinsool	<i>Self Defense</i>
Kalyeo	<i>Break</i>	Chong	<i>Blue</i>
Hong	<i>Red</i>	Gu-mahn	<i>Stop</i>
Kae-sok	<i>Continue</i>		

BLUE BELTS

1. Count ranking order from 1 to 10 in Korean? A: Il, Ee, Sam, Sa, Oh, Yuk, Chil, Pal, Koo, Sip
2. Recite the ethical rules of Tae Kwon Do also known as the "Hwa Rang Creed"

Loyalty to nation

Obedience to parents

Confidence in friends

Never retreat from enemy attack

Refrain from the senseless killing of all living things

3. With respect to each part of the American Flag, what is the meaning of the following?

THE AMERICAN FLAG



MEANING OF THE COLORS:

White - Signifies Purity and innocence

Red - Signifies Valor and bravery

Blue - Signifies Vigilance, perseverance and justice

MEANING OF THE SYMBOLS:

Stars - symbols of the heavens

50 Stars - represent the 50 states that currently make up the union.

Stripes - symbolic of the rays of light emanating from the sun.

13 Stripes - represents the first 13 colonies

- a. Stars and why 50?
 - b. 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. Why is it important never to misuse what you have learned in Tae Kwon Do?
 7. How many gup ranks do we have in our school? A: 12 Gup Rank
 8. Name 2 pressure points in the human body. Why is it important to know their location?
(See attachment)

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 student Oath.

I shall observe the Tenets of Tae Kwon Do and it's Ethical Rules

I shall respect Instructors and Seniors

I shall never misuse Tae Kwon Do

I will be a Champion of Freedom and Justice for all

I will build a more peaceful world.

2. With respect to each part of the Korean Flag, what is the meaning of the following?

a. The Taeguk symbol

b. The lines



MEANING OF SYMBOLS

Taeguk

- represents harmony of opposing forces, the dualism of the universe

Kwae

- the broken or unbroken bars, the principle of movement and harmony.

Unbroken bars represent yang and broken represents ying.



Heaven
(Kun)



Water
(Kam)



Fire
(Yi)



Earth
(Kon)

3. How have 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. What does it mean for you to be so close to your black belt? Why is this important?

6. In what ways have Tae Kwon Do training helped your life?

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

Eul gul makki *High block or rising block*

Momtong makki

Middle block

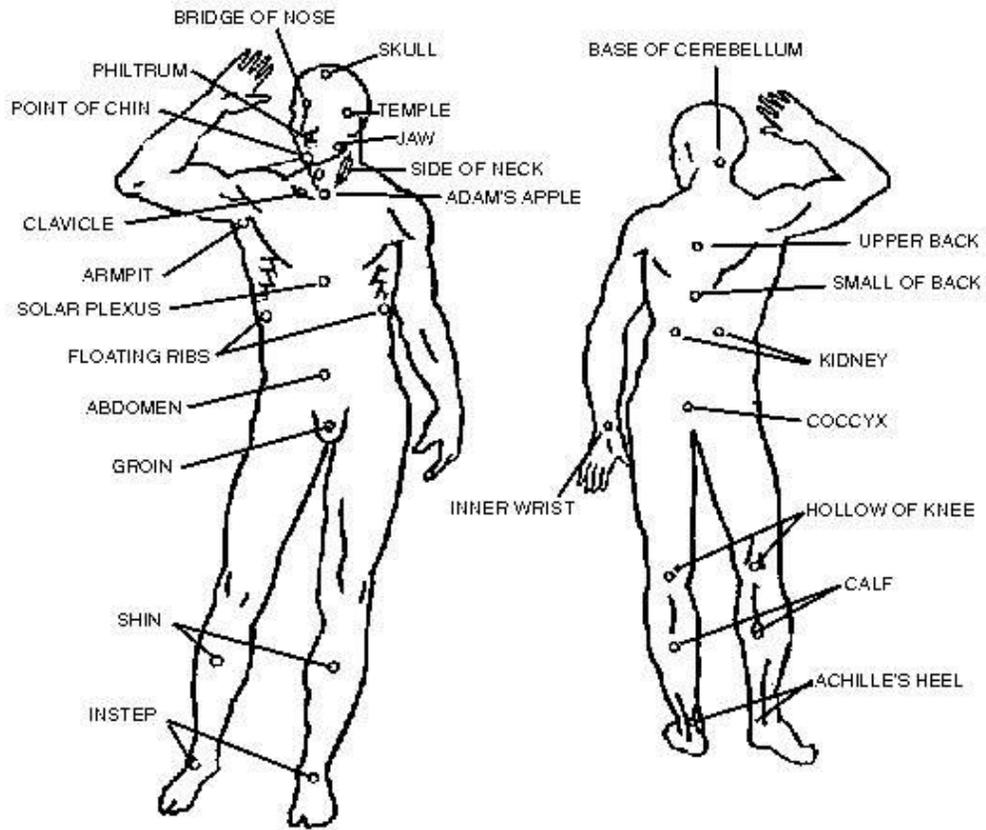
Sonnal makki *Knife hand block*

Ahre makki

Low block

Hecho makki *Spreading block*

BASIC VITAL POINTS
(Blue Belts and above)



BACK OF THE BODY

