

Name:



Club:

## 5<sup>th</sup> Grading Questions

1. Explain the difference between back stance and fixed stance.

2. Explain the purpose of cat stance

3. Explain the execution and purpose of twin outer forearm block

4. Explain the protocol for 1 step set sparring

5. What is the Purpose of the Kihap?

6. Explain the fourth tenet of Taekwondo, Self-Control.

7. Write the Korean numbers for 11-20.

8. How does the instructor tell the class to about-turn and adjust uniform in Korean?



9. Write how to call to bow to the following ranks (non-instructors) i) 1<sup>st</sup> dan ii) 2<sup>nd</sup> dan and iii) 3<sup>rd</sup> dan.

10. What are the Korean words for i) high-section ii) mid-section and iii) low-section.

**Notes**