

Name:



Club:

7th Grading Questions

1. Explain how to execute a jab/cross/rip/hook combination.

2. What are target areas for the above combination?

3. Explain how to execute a front kick

4. What are some of the characteristics of WTF style Taekwondo?

5. Why do we bow?

6. Explain the second tenet of Taekwondo, Integrity.

7. Explain how to load the inner forearm block.

8. Explain the execution and purpose of wedging block.



9. Write the Korean numbers for 1-10.

10. What are the Korean words for i) Strike ii) Punch iii) Block and iv) Kick?

Notes