

Taekwon-do Gradings

Sample Theory Questions

*These are the **kinds** of questions asked for each grade.
If you have good knowledge of these examples, you will be prepared, **however**,
other questions not listed may be asked if relevant, **especially at higher grades.***

Junior 10th Kup

(White Belts & Little Dragons who have moved up to Taekwon-do Juniors)

Who is your instructor, and what is their grade?

Which country does Taekwon-do come from?

Count to 10 in Korean

What does white belt signify?

Demonstrate how to form a fist

Junior Grade 1

(Purple Stripes)

What is the Korean term for:

- Kick?
- Stance?
- Uniform?
- Training Hall?

How many moves are in Sajo-Jirugi?

Who is the Founder (creator) of Taekwon-do?

Junior Grade 2

(Orange Stripes)

Korean names for:

- forearm?
- outer forearm?
- inner forearm?
- block?
- inner forearm block?
- outer forearm block?
- punch?

What does yellow belt signify?

How many moves are in Sajo-Jirugi?

10th Kup

(White Belts *about* 9 years and over

All of the above questions (i.e. everything included in the junior grades syllabus 10th Kup, Junior Grade 1 and Junior Grade 2) plus.....

Korean for:

- walking stance?
- sitting stance?
- parallel stance?
- attention stance?
- high level?
- middle level?
- low level?
- fore-fist?
- knife-hand?
- obverse punch?
- reverse punch?
- front rising kick?

What are the 5 tenets of Taekwon-do?

What year was Taekwon-do inaugurated? (i.e. when did Taekwon-do begin?)

What year did Taekwon-do come to the UK?

9th Kup

(Yellow Stripes)

Korean names for:

- Pattern?
- 3-step sparring?
- Inward?
- Outward?
- L-Stance?
- Front snap kick?
- High, middle, low?

How many moves in Chon-Ji?

What does Chon-Ji mean?

What does yellow belt signify?

What is the weight distribution of L-stance?

8th Kup

(Yellow Belts)

Korean names for:

- Knife hand?
- Knife hand guarding block?
- Outward?
- Strike?
- Knife hand outward strike?
- Twin forearm block?

How many moves in Dan-Gun?

What is the meaning of Dan-Gun?

What does yellow belt signify?

What does green belt signify?

7th Kup

(Green Stripes)

Korean terms for:

- Fingertips?
- Thrust?
- Straight spear fingertip thrust?
- Release from a grab?
- wedging block?
- Outer forearm wedging block?
- Back fist?
- Back fist outward strike?
- Front snap kick?
- Turning Kick?
- Side Kick?

What does yellow belt signify?

What does green belt signify?

How many moves in Do-San?

What's the meaning of Do-San?

6th Kup

(Green Belts)

Korean terms for:

- Closed stance?
- Closed ready stance A?
- Inward?
- High inward knife hand strike?
- Fixed stance?
- Bending stance?
- Inner forearm?
- Inner forearm circular block?
- Reverse punch?
- Forearm guarding block?
- 2-step sparring?

How many move in Won-Hyo?

What's the meaning of Won-Hyo?

What does Green belt signify?

What does blue belt signify?

5th Kup

(Blue Stripes)

Korean terms for:

- Palm?
- Palm hooking block?
- Elbow?
- Front elbow strike?
- Twin knife hand block?
- X-stance?
- Double forearm block?

How many moves in Yul-Gok?

What's the meaning of Yul-Gok?

What does Green belt signify?

What does blue belt signify?

4th Kup **(Blue Belts)**

From this grade, students will not just be asked theory questions from their current syllabus, but also from everything up to and including their syllabus.

Korean terms for:

- Closed ready stance B?
- Reverse knife hand?
- Side-front?
- Side-front snap kick?
- Palm?
- Upward palm block?
- Elbow?
- Upper elbow strike?
- Twin vertical punch?
- Twin upset punch?
- X-fist?
- X-fist rising block?
- High reverse punch?
- Palm pressing block?
- Low stance?
- Angle punch?
- U-shape block?
- 1-step sparring?

How many moves in Joong-Gun?

What's the meaning of Joong-Gun?

What does Blue belt signify?

What does Red belt signify?

3rd Kup

(Red Stripes)

Korean terms for:

- Fingertips?
- Upset fingertip thrust?
- Side-back?
- Backfist side-back strike?
- X-fist pressing block?
- Twin elbow side thrust?
- W-shape block?
- Outerforearm W-shape block?
- Pushing block?
- Double forearm pushing block?
- Grab?
- Twin palm front grab?
- Flat fingertip thrust?
- Jumping?
- Low?
- Low knife hand guarding block?

How many moves in Toi-Gye?

What's the meaning of Toi-Gye?

What does Blue belt signify?

What does Red belt signify?

2nd Kup (Red Belts)

Korean terms for:

- Closed ready stance C?
- Vertical stance?
- Palm pushing block?
- Upward punch?
- knifehand downward strike?
- Side elbow thrust?
- Inner forearm high side-front block?
- high turning kick

What is the weight distribution of vertical stance?
Who was in charge of the 29th infantry division?
What are the 5 tenets of Taekwon-do?

Demonstrate and name (in English and Korean)

- 5 stances, giving their weight distributions
- 3 kicks that use *ap kumchi* as the attacking tool
- 5 blocks
- 3 strikes

1st Kup (Black Stripes)

As a 1st Kup, you will take a multiple choice, written test before your Black Belt grading. There is an 80% pass mark and around 60 questions.

You will need to know EVERYTHING!

Here are some revision categories to guide you:

- Theory of Power (MR. BECS)
- Patterns; number of moves, dates, meanings
- What all colours of belts signify
- ITF knowledge; president, dates, dobok design and symbols
- Stances; names, weight distributions, widths/lengths, feet angles
- Motions; number of moves in the motion, number of knee springs, number of total breaths, number of total exertions of breath
- Kicks; which foot part is used for each kick
- General Korean terminology
- General body parts; parts of the hand/foot
- Pattern diagrams