

HANDBOOK TEST

Bo Dan – Junior: under 12 years

NAME:

DATE:

GENERAL KNOWLEDGE

Explain the Middle History of Korea (after Three Kingdom, before WWII). Cross out what is not included in the Middle History of Korea.

- Secret training areas
- Defeating a large army
- Later Tae Kyun came out
- Martial arts books written. Including the Mooyae Dobo Tongi
- Moral codes developed that required strict discipline
- Tae Kyun was not considered a true martial art because it lacked moral codes
- Tae Kyun became more famous

QUESTIONS

What is the Eight Fold Path?

Cross out what doesn't belong:

- Right view
- Right hand
- Right thought
- Right speech
- Right action
- Right foot
- Right livelihood
- Right effort
- Right surroundings
- Right influence
- Right mindfulness
- Right meditation
- Right time

What is the Black Belt Creed? Circle what is included:

- Be strong so nothing can disturb your peace of mind
- I am on a quest to be the best!
- Practice in all places
- Speak of health, happiness and prosperity to every student you meet.
- Don't be shy
- Look at the sunny side of things.
- Humility
- Be just as happy about the success of others as you are about your own
- Forget the mistakes of the past and focus on greater things in the future
- Don't stop moving
- Always wear a cheerful smile
- Keep yourself and your surroundings clean
- Devote time to improving yourself, so you have not time to criticize others.
- Be too large for worry, too noble for anger, too strong for fear, and too happy to permit the presence of trouble.
- Speak to your muscles joints and nerves every day and say "relax"

What is the meaning of black belt? Circle what is included:

- Mastery
- Speed
- Serenity
- Dignity
- Strength
- Truth
- You become a teacher
- When the "oak tree" starts to wither
- When the "oak tree" leaves behind and acorn to begin cycle again
- Learning inner mysteries of martial art
- Now you know everything

TERMINOLOGY (DRAW LINE TO MATCH)

Ready for kicks
Ready for sparring
Ready for breaking
Dagger
Sword
Examiner
Fan
Bamboo sword

Dan Gum
Bu Chei
Joot Do
Bal Cha Gi Jun Be
Kuck Pa Jun Be
Jang Gum
Dae Ryun Jun Be
Sim Sa Nim