

HANDBOOK TEST

3rd Gup – Senior: 12 yrs & older

NAME:

DATE:

GENERAL KNOWLEDGE

Mention five things about Grandmaster Hwang Kee:

Why do you use control in free sparring

Why do we practice breath control?

QUESTIONS

What is the meaning of brown belt?

Explain basic techniques:

What is the meaning of the American Flag?
Describe.

Explain the test

TERMINOLOGY (DRAW LINE TO MATCH)

80 (eighty)

Sang Dan Soo Do

Low Block

Sang Soo

High Block

Sang Dan Mak Gi

Out/inside block

Gung Dan Soo Do

In/outside block

Ane Soo Bake Roo Mak Gi

Two hand defense

Ha Dan Mak Gi

Knife defense: Center

Yuh deun

Knife defense: High

Ha Dan Soo Do

Knife defense: Low

Bake Soo Ahnu Ro Mak Gi