

HANDBOOK TEST

2nd Gup – Junior: under 12 years

NAME:

DATE:

GENERAL KNOWLEDGE

We practice breaking techniques to develop:

- Power
- Precision
- Concentration
- All of the above

And to actually test the effectiveness of various

_____.

Circle the (word) that best fits to complete why stretching exercises are necessary in Tang Soo Do.

Stretching is necessary because it promotes youthful (agility/balance) and a sense of well-being. In Tang Soo Do, flexibility allows greater (speed/accuracy) and so more (power/focus) and a greater range of (targets/time) on an opponent.

What are the five requisites of physical development of Tang Soo Do?

- Performing suitable exercises
- No pain no gain
- Contact with natural surroundings
- Getting proper amount of rest
- Pushups make you strong
- Contact with diverse physical conditions
- Eating suitable nourishment

QUESTIONS

What are the 5 main vital points on the human body?

- Fist
- Temple
- Knee
- Groin
- Solar Plexus
- Philtrum
- Bridge of nose

What are the areas of Tang Soo Do practice?

- Forms
- Hand stands
- Self defense
- Running
- Breaking
- Self defense
- Meditation
- Free fighting

Explain what each part of the Korean flag represents: (Draw Line to match)

Middle circle
Red half
Blue half
Three solid
Three broken
Two solid, one broken
Two broken, one solid

Earth
Yin
Tae Keuk
Yang
Water
Fire
Heaven

TERMINOLOGY (DRAW LINE TO MATCH)

90 (ninety)

Front stance

Fighting/back stance

Horse riding stance

Side stance

Cat stance

Hu gul ja she

Ahp heun

Jun gul ja she

Twi Pal ja she

So go rip ja she

Kee ma ja she