

HANDBOOK TEST

Cho Dan Bo – Junior: under 12 years

NAME:

DATE:

GENERAL KNOWLEDGE

Why is it necessary to practice basics and forms?

- Build necessary foundation for achieving coordination, agility, and skill.
- You're not allowed to do anything else until know.
- Performing these techniques also builds confidence and concentration.
- A and C

Can you explain why you practice "one on one" fighting and "one step" sparring?

We practice "one on one" fighting and "one step" sparring to develop effective _____ and defense, control of _____, precision, _____ and reaction time.

QUESTIONS

What is the meaning of blue belt?

- Experience
- Cleanliness
- Respect
- Honor
- Preparing mind & body for final step needed to attain black belt.
- Being able to tell people what to do

Explain Meditation:

- Necessary for gathering one's spiritual awareness
- Feeling calm and relaxation
- Deep thoughts about life
- Meditation becomes concentration when action is required
- Mind is cleared

Explain dae ryun (free fighting)

Free fighting is the practical application of various _____ against an actual _____. In this type of competition, _____, skilled technique, precision and _____ are the deciding factors.

TERMINOLOGY (DRAW LINE TO MATCH)

1000

Black belt (holder of)

Color belt (holder of)

Senior black belt (holder of)

Senior member

Junior member

One step sparring

Free Sparring

Special sparring

Sparring multiple people

Self Defense

Internal power breathing

External power breathing

Spiritual power breathing

Sun bae

Ho sin sul

Tuck su Dae Ryun

Ja yu dae ryun

Hu bae

Nae Gong

Weh Gong

Chun

Yu dan ja

Shim Gong

Yu gup da

Il soo sik dae ryun

Go dan ja

Da su dae ryun