

# HANDBOOK TEST

6<sup>th</sup> Gup – Senior: 12 yrs & older

NAME:

DATE:

## GENERAL KNOWLEDGE

How do you say "Goodbye" to someone leaving?

How do you say "Goodbye" to someone staying?  
(you are leaving)

What part of the foot do you use in kicks?

- Front kick \_\_\_\_\_
- Round kick \_\_\_\_\_
- Side kick \_\_\_\_\_
- Back kick \_\_\_\_\_
- Hook kick \_\_\_\_\_
- Axe kick \_\_\_\_\_

## QUESTIONS

What are the rules of manners at school?

Explain Il Soo Sik & Ho Sin Sul (one step sparring & self-defense)

## TERMINOLOGY (DRAW LINE TO MATCH)

50

Belt

Uniform

Nunchucku

Master

Do Bok

Dee

Shi Hun

Sa Bum Nim

Nunchucka