

HANDBOOK TEST

Cho Dan Bo – Senior: 12 years & older

NAME:

DATE:

GENERAL KNOWLEDGE

Why is it necessary to practice basics and forms?

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

QUESTIONS

Explain Meditation.

Explain the meaning of blue belt.

Explain dae ryun (free fighting)

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