

# HANDBOOK TEST

6<sup>th</sup> Gup – Junior: under 12 years

NAME:

DATE:

## GENERAL KNOWLEDGE

Which is “Goodbye” (to someone leaving) in Korean?

- Ahn nyung hee kah sae yo
- Ahn nyung ha sae yo
- Aye nyung hee kah sae yo
- Ahn nyung hee kye sae yo

Which is “Goodbye” (when you’re leaving) in Korean?

- Ahn nyung hee kah sae yo
- Ahn nyung ha sae yo
- Aye nyung hee kah sae yo
- Ahn nyung hee kye sae yo

Do the kicks match with the parts of your foot you use for it?

(Y=yes; N=no)

- \_\_\_Front kick: your heel
- \_\_\_Round kick: instep or ball
- \_\_\_Side kick: your heel
- \_\_\_Spin back kick: The flat of your heel
- \_\_\_Spin hook kick: the back of heel
- \_\_\_Axe kick: your toes

## QUESTIONS

Fill in the blanks in the Rules of Manners at School

- I will always maintain a \_\_\_\_\_ attitude towards my teachers.
- I will always cheerfully \_\_\_\_\_ and learn from my teachers.
- I will always address my \_\_\_\_\_ respectfully
- I will be \_\_\_\_\_ to my schoolmates and be \_\_\_\_\_ and \_\_\_\_\_ to my friends.
- I will always handle school \_\_\_\_\_ properly and be loyal to my school.

What is key to Il Soo Sik & Ho Sin Sul (one step sparring & self-defense)? (Circle all that apply)

- Kicking High
- Use attacker’s strength against them
- Grappling
- Having a weapon
- Timing
- Control
- Size advantage
- Joint Locking
- Pressure points

## TERMINOLOGY (DRAW LINE TO MATCH)

50 (fifty)

Belt

Uniform

Nunchucku

Master

Nunchucka

Do bok

Shi Hun

Sa Bum Nim

Dee