

HANDBOOK TEST

2nd Gup – Senior: 12 yrs & older

NAME:

DATE:

GENERAL KNOWLEDGE

Why do you practice breaking techniques?

Why is stretching necessary in Tang Soo Do?

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

QUESTIONS

Describe the meaning of the Korean Flag.

What are the areas of TSD practice?

Explain why Vital Points are important & name the 5 main Vital Points:

TERMINOLOGY (DRAW LINE TO MATCH)

90 (ninety)

Front stance

Fighting/back stance

Horse-back(riding) stance

Side stance

Cat stance

Two Pal Ja She

Hu gul Ja She

Ah Heun

Jun Gul Ja She

So Go Rip Ja See

Kee Ma Ja She