**FIRST DEGREE CANDIDATE SHORT ANSWER – ADULTS**

*Directions: Answer the questions below. All answers should be typed into this document. Provide as much information to answer the questions as completely as possible. Please double space your answer. Do not change the font or margins.*

1. Listed below are several sequences from your forms. For each one, analyze the proper way to do each stance and technique. Explain the purpose of each movement. When put together, what is the “fight sequence” that is happening. Provide as much detail as possible for all answers.
	1. Taegeuk Sa Jang’s first two steps: Back stance, double middle knife hand block followed by front stance, downward palm block with a spear hand strike.
	2. Taegeuk Oh Jang’s second sequence to the side: Back stance, single middle knife hand block followed by front stance, elbow strike.
	3. Taegeuk Chil Jang’s first sequence at the bottom: Walking stance, side backfist strike followed by opening the hand and doing inside crescent kick, followed by horse riding stance, elbow strike to the palm.
2. As Taekwondo students we take an oath to “help build a more peaceful world” and to “be a champion of freedom and justice”. What are you doing now to fulfill this oath? As a black belt what will you do to fulfill this oath?