

HANDBOOK TEST

4th Gup – Junior: under 12 years

NAME:

DATE:

GENERAL KNOWLEDGE

How do you begin/end class? (put in order)

- ___ Baro: return
- ___ Sa bum nim terra: turn to instructor
- ___ Gooki Ba rae: Salute the flags
- ___ Moo kyum: meditate
- ___ Charyut: Attention
- ___ Sa bum min kinyet bow to instructor
- ___ Baro: return
- ___ Charyut: Attention

Check the five points when doing forms:

- ___ Both hands twist together
- ___ Keep a straight face
- ___ Both hands pull together
- ___ Straight line
- ___ Grace and power
- ___ Use of accurate distance and angle with explosive impact power

Why do you test? (Fill in the blanks)

“We test to further gain our _____ of Tang Soo Do through rest preparation and the test _____, to gain _____ by performing under _____ and to let a qualified judge determine the increase in our _____

QUESTIONS

Explain weapons forms:

Weapons are to be thought of as an _____ of the student's body. By learning the basics the students will find that they can use any item as a _____. For example a ruler or rolled up newspaper could be used in a _____ situation using fan or dagger techniques.

Explain forms:

Hyungs or forms are a series of movements which, if done correctly will help the students move their hands and feet _____. Observing a skilled practitioner is like watching a _____ since both are very _____ as well as calculated and controlled. Forms are used to develop concentration, balance, _____, reflex action, power, speed, and agility.

What is the TSD attitude?

- Practice basic _____ all the time
- Always listen and follow the direction of _____ or _____
- Do not be overly _____
- Frequently inspect your own _____
- _____ approach
- All out _____
- Maintain regular and constant _____
- Repeatedly _____ techniques already learned
- When you learn new _____ learn thoroughly the theory and philosophy as well
- When you begin to feel idle try to _____ this
- _____ is required after training. Keep yourself and your surroundings clean

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TERMINOLOGY (DRAW LINE TO MATCH)

70 (seventy)	Jik Gi
Front kick	Dwi Cha Gi
Side kick	E dan
Round kick	Yup Cha Gi
Back kick	Il Heun
Hook Kick	Dwi Yup hu ryo cha gi
Axe kick	Dollyo cha gi
Out/inside kick	Bit cha gi
In/Outside kick	Bong
Diagonal kick	Ane so Baka ro cha gi
Spin hook kick	Bake so anu ro cha gi
Jump	Ahp cha gi
Staff	Yup hu ryo cha gi