

# HANDBOOK TEST

1<sup>st</sup> Gup – Junior: under 12 years

NAME:

DATE:

## GENERAL KNOWLEDGE

What makes power?

- Speed & weight
- Confidence & balance
- Relaxation & concentration
- A & C

Why are there Different colored belts?

The increase in \_\_\_\_\_ and \_\_\_\_\_ is symbolized by the darkness of the colors in the belts as one \_\_\_\_\_

What are the THREE basic points to remember in Tang Soo Do?

- Confidence
- Eye focus
- Strength
- Good balance
- Loud, strong Kiyup

## QUESTIONS

What is the meaning of red belt?

(fill in the blanks)

- The red belt represents

\_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_, and \_\_\_\_\_.  
The student's \_\_\_\_\_ begin to ripen just as a plant's fruit is not ready to be picked.

Describe the meaning of the Federation flag.

\_\_\_\_\_ Symbolizes Tang Soo Do's origin. The \_\_\_\_\_ symbolizes the country of our headquarters. The \_\_\_\_\_ Represents Moo Duk Kwan. The \_\_\_\_\_ represents the continuity of life. Within the belt is \_\_\_\_\_.

Which is NOT included in the history of the belts?

- Began in Japan, with Judo
- Used to motivate
- Belts were used as weapons
- The idea spread
- Each style had their own belt system
- Japan came to America before Korea did
- Korea originally had no black belt (instead, midnight blue)
- Some wore two belts
- Korea had to add black into their system once they came to America
- Midnight blue is still worn on some Doboks as reminders
- Buckles were added to the belts

WORD BANK (for above)

Skills  
Stamina  
Endurance  
Concentration  
Balance  
Control  
Humility

WORD BANK (for above)

Tang Soo Do (in Korean)  
American flag  
Korean flag  
Belt  
Fist

## TERMINOLOGY (DRAW LINE TO MATCH)

100 (hundered)

Center punch

High punch

Side punch

Spear hand

Back fist

Hammer fist

Palm heel

Ridge hand

Yuk Soo Do

Sang Dan Gong Kyuck

Kwan Soo

Chang Kwan

Kap Kwan

Gung Dan Gong Kyuck

Jang Kwan

Gung Dan Hang Jin

Beck