



## Red Belt Grading Questions

Ask 20 out of 30 – your choice as to which ones  
Mark on Grading Card score out of 20

1. What does Black signify?
2. Name 5 and show me 5 different hand parts.
3. What is the meaning of Hwa Rang / Choong Moo, and how many moves does it have?
4. What does Tae Kwon Do literally mean?
5. Who or what inspires you to train in Tae Kwon Do?
6. What is 3 step sparring in Korean?
7. What is 2 step sparring in Korean?
8. What is 1 step sparring in Korean?
9. What is semi free sparring in Korean?
10. What is free sparring in Korean?
11. I am going to give you a number of moves that relate to a pattern. Can you tell me which pattern the numbers refer to? (mix them up when saying them)  
19 21 24 28 38 32 37 29 30\* (1<sup>st</sup> Kup only)
12. Name the tenets of Tae Kwon Do. If there were to be an extra one, what would you say it should be?
13. Why do we learn the meanings of patterns?
14. What is the difference between a martial art and a sport?
15. What is the difference between a strike and a thrust?
16. Why are there 24 patterns in Tae Kwon Do?
17. Who is your Grading Examiner?





18. Can you give the important dates in Tae Kwon Do?  
TAGB / BTC / TKD International / Inauguration
19. Explain what a martial art is.
20. What are the differences between Tae Kwon Do, Judo and Karate?
21. When you take your Black Belt, who is currently on the Grading Panel?
22. What in your view makes a good Tae Kwon Do student?
23. Can you give me the pattern meaning for (you choose):  
Choong Moo            Hwa Rang            Toi Gye            Joon Gun  
Yul Gok                Won Hya              Do San              Dan Gun  
Chon Ji
24. What are the Korean terms for:  
Kick; Block; Stance; Punch and Pattern?
25. What are your reasons for doing Tae Kwon Do?
26. Name and show me 8 stances in English and Korean.
27. Tell me the Tae Kwon Do Oath.
28. Name 8 kicks in English and Korean.
29. Name in English and Korean 5 parts of the foot?
30. Name and show me 8 blocks in English and Korean.



## Answers to Red Belt Grading Questions

Make sure YOU, as Black Belts, know these answers!!

1. Black signifies the opposite to white. Therefore, an expert in the martial art. The wearer shows no imperviousness to darkness and fear.
2. HAND PARTS (*Sangbansin*). They should name 5:  
Fore Fist – Ap Joomuk  
Back Fist – Dung Joomuk  
Knifehand – Sonkal  
Palm – Sonbadak  
Reverse Knifehand – Sonkal Dung  
Fingers – Sonkut  
Fingertips – Sonkut  
Side Fist or Hammer Fist – Yop Joomuk  
Arch Hand – Bandal Son
3. Pattern meaning for either Hwa Rang or Choong Moo. You should know these Black Belts ...
4. Tae means to jump, kick and smash with the foot.  
Kwon means to destroy with the hand or fist.  
Do is way, art or method practiced.
5. A personal answer to the student.
6. Sambo Matsoki.
7. Ilbo Matsoki.
8. Ibo Matsoki.
9. Banjayoo Matsoki.
10. Jayoo Matsoki.
11. 19 – Chon Ji  
21 – Dan Gun  
24 – Do San  
28 – Won Hya  
38 – Yul Gok  
32 – Joon Gun  
37 – Toi Gye  
29 – Hwa Rang  
30 – Choong Moo
12. Courtesy, Integrity, Perseverance, Self Control, Indomitable Spirit.  
Extra tenet – personal answer for student.





13. We learn the meanings of patterns to help us understand that the people or events these patterns were named after abided by one or more of the tents in Tae Kwon DO. It also gives a brief history of the event or person it was named after.
14. In a martial art you are only competing against yourself for personal goals and betterment. In a sport you are competing against others and maybe part of a team. You could be competing against a clock or an amount in a sport.
15. A strike is a forceful glancing blow mainly aimed at the side of an opponent. A thrust is designed to penetrate and cause damage by going into the opponent.
16. There are 24 patterns to represent a single day in the life of mankind. The 24 represents the hours in a single day.
17. Master Dew, 8<sup>th</sup> Degree Black Belt.
18. 11 April 1955 – christened to the world, introduced to UK in 1967  
1974 – Master Dew set up South West Tae Kwon Do  
August 1983 – TAGB formed  
21 April 1988 – British Tae Kwon Do Council (BTC) formed  
13 November 1993 – Tae Kwon Do International (International Governing Body) formed  
1994 – Master Lamberth founded Ringwood Tae Kwon Do
19. A martial art is a strict military discipline of self defence which also has an artistic side which could be referred to as the art.
20. Differences between Tae Kwon Do and other martial arts are that we specialist more in the kicking side of the art with bigger exaggerated stances and chambering positions. Others concentrate on throws, punches and smaller stances. We are also semi-contact; other styles are full contact.
21. Current Black Belt Grading Panel is Master Oliver, Master Dew, Master Sergiew, Master Donnelly and Master Walton. Others who do theory and calling out are Master Atkins, Master Towndrow and Master Peros.
22. Personal answer from student.
23. Know your pattern meanings please! Can't be bothered to type them all out. As Black Belts you should know them!
24. Kick – Chagi  
Block – Makgi  
Stance - Sogi  
Punch - Jirugi  
Pattern – Tul
25. Personal answer from the student.
26. Surely you can do these ... STANCES – they need to name 8:  
Gunnun Sogi, Niuinja Sogi, Kyocha Sogi, Guburyo Sogi, Nacho Sogi, Narani Chunbi Sogi, Dwitbal Sogi, Annun Sogi, Gojong Sogi, Charyot Sogi, Sassoon Sogi, Wilbal Sogi
27. You should know the Tae Kwon Do Oath ...





28. KICKS – they should name 8:  
Front snap kick – Ap cha busigi  
Turning kick – Dollyo chagi  
Side kick – Yop chagi  
Reverse side kick – Bandae dollyo chagi  
Hooking kick – Golcho chagi  
Reverse side kick – Bandae yop chagi  
Downward or Axe kick – Naeryo chagi  
Outer crescent kick – Bakero bandal chagi  
Inward crescent kick – Anaero bandal chagi  
Twisting kick – Bituryo chagi  
Flying kicks and variants of – Twimyo chagi  
Jumping kicks and variants of – Twigi chagi  
Front leg rising kick – Ap cha olligi  
*Can you think of any more, Question Master?*
29. FOOT PARTS (*Hanbansin*) – they should name 5:  
Foot sword – Balkal  
Side instep – Yop balding  
Reverse footsword – Balkal dung  
Side sole – Yop bal badak  
Instep – Baldung  
Ball of foot – Ap Kumchi  
Back sole – Dwit kumchi  
Back heel – Dwit chook
30. BLOCKS (*Makgi*) – they should name and show 8:  
Outer forearm low middle or high – Bakat palmok makgi  
Inner forearm – An palmok makgi  
Rising block – Chookyo makgi  
U shaped block – Digutcha makgi  
Knifehand guarding block – Sonkal daebi makgi  
Pressing block – Noolyo makgi  
Outer forearm guarding block – Bakat palmok daebi makgi  
Circular block – Dollymio makgi  
X-fist pressing block – Kyocha joomuk makgi  
Sweeping block – Hullyo makgi  
Grasping block – Bujuba makgi  
Twin upward palm block – Doo ollyo sonbadak makgi  
Twin forearm block – Sang palmok makgi  
Double forearm block – Doo palmok makgi  
Twin kinfrehand block – Sang sonkal makgi  
*There are more!*