

EXETER SCHOOL OF TAEKWON-DO

REAL TAEKWON-DO

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7th Kup - Grading Questions

General

1. Describe a 'pattern'?
2. How many patterns do you know?
3. Name the pattern you have learnt and how many moves it has?
4. What is the meaning of the pattern you have learnt?
5. What does the colour '**green**' signify in Taekwon-Do?
6. What are the grades for the instructor classifications?

National Instructor
International Instructor
Master
Grand master

7. What class is your instructor?

Technical

1. What type of technique is a called a Makgi?
2. What type of technique is a called a Jirugi?
3. What type of technique is a called a Chagi?
4. What type of technique is a called a Tulgi?
5. What type of technique is a called a Taerigi?
6. Name and perform a Thrusting technique from pattern Do-San.
7. Name and perform a Striking technique from pattern Do-San.
8. When performing a Front Kick what part of the foot do you use?
9. The two punches that follow the Front Kicks in Do-San are performed in a particular motion. What is this Motion called?
10. Demonstrate Side Kick and name the part of the foot you use.
11. Demonstrate Turning Kick and name the part of the foot you use.

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7th Kup - Grading Answers

General

1. A pattern (tul) is a series of offensive and defensive movements against an imaginary opponent or opponents.
2. At 7th Kup you know three patterns.
(Chon-Ji, Dan-Gun and Do-San)
3. Do-San, the pattern has 24 moves.
4. Do-San is the pseudonym of the patriot Ahn Chang-Ho (1876 to 1938). The 24 movements represent his entire life, which he devoted to furthering the education of Korea and its independence movement.
5. Green signifies the plants growth as your training in Tae Kwon-Do begins to develop
6. The instructors grades are:

Boosabum translates to National Instructor	1 st to 3 rd Dan
Sabum translates to International Instructor	4 th to 6 th Dan
Sahyung translates to Master	7 th to 8 th Dan
Saseung translates to Grand Master	9 th Dan
7. Mr Philip Taverner 5th Dan, an International Instructor

Technical

1. Makgi means to Block
2. Jirugi refers to Punch but actually means to pierce the target
3. Chagi means to Kick
4. Tulgi means to Thrust
5. Taerigi means to Strike
6. Son Sunkut Tulgi – Straight Fingertip Thrust
7. Sonkal Yop Taerigi – Knifehand Side Strike
8. Ap Kumchi – Front sole
9. Barun Donjang - Fast Motion
10. Balkal – Footsword (ensure you are able to demonstrate and measure on a focus board)
11. Ap Kumchi – Front sole (ensure you are able to demonstrate and measure on a focus board)