

Name:



Club:

## 4<sup>th</sup> Grading Questions

1. Explain common issues with executing side kick.

2. How long has Master Ron been training and in which styles?

3. Explain the execution and purpose of X-block.

4. Explain the purpose for downward twin palm block.

5. Write how to call to bow to the following ranks (instructors) – i) 1<sup>st</sup> dan ii) 2<sup>nd</sup> dan iii) 3<sup>rd</sup> dan and iv) 4<sup>th</sup> dan.

6. Explain the fifth tenet of Taekwondo, Indomitable Spirit

7. Write the Korean words for the following kicks i) axe ii) crescent iii) hook and iv) jumping.