

Name:



Club:

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

1. How does a jab/cross punch differ from an obverse/reverse punch?

2. What does *Chul Say* mean?

3. What does *Shi Jak* mean?

4. What is the title for the assistant instructor at your club?

5. What is the etiquette for bowing to black belts before class?

6. Explain the first tenet of Taekwondo, Courtesy.

7. What is the target area for a knife-hand strike and why?

8. Write the Korean numbers for 1-5?



9. What are the Korean words for i) Uniform ii) Belt

10. Explain how weight is distributed in horse stance, forward stance and back stance.

**Notes**