

## First Dan Grading Questions

- **Explain what makes a stance a 'Left' or 'Right' stance?** Any stance with 50/50 weight distribution that has length as well as width, (e.g. walking stance, fixed stance) the stance is named by the front leg. Any stance that has more weight on one leg than the other is named by the leg that bears the most weight (e.g. L-stance, x-stance). Stances with 50/50 weight distribution that have width but no length (e.g. parallel stance, sitting stance) are neither a left or right stance.
- **Explain what obverse and reverse means?** An obverse technique is a hand technique performed with the same hand as the stance. For example, if you are in a left L stance and you have punched with your left hand then that is an obverse punch. If you are in a right walking stance and have punched with your left hand, this is a reverse technique.
- **Name the weight distribution of the following stances:**
  - **Walking stance:** 50/50
  - **Sitting stance:** 50/50
  - **Parallel stance:** 50/50
  - **Attention stance:** 50/50
  - **Closed stance:** 50/50
  - **Fixed stance:** 50/50
  - **Low stance:** 50/50
  - **L-stance:** 70/30 (to the back leg)
  - **Vertical stance:** 60/40 (to the back leg)
  - **X-stance:** 90/10 (to the supporting leg)
  - **Rear foot stance:** 90/10 (to the back leg)
  - **Bending stance:** 100 to the supporting leg
  - **One legged stance:** 100 to the supporting leg
- **Demonstrate the following techniques, and indicate and name the attacking/blocking tool:**
  - **Sitting stance nine shaped block (Po-Eun):** Blocking tool – primary, outer forearm, secondary inner forearm.
  - **Sitting stance double side punch (Po-Eun):** Attacking tools – Forefists.
  - **High double side elbow (Po-Eun):** Attacking tools – elbows.
  - **Inner forearm wedging block (Po-Eun):** Blocking tools – inner forearms
  - **Double arc-hand checking block (Kwang-Gae):** Blocking tools – palm heels



- **Explain the difference between a bending stance and a one-legged stance, and what pattern do you find a one-legged stance in?** In a bending stance, the single supporting leg is bent, in one-legged stance (as found in Po-Eun) the supporting leg is straight.
- **What makes a technique an ‘outward’ technique?** The technique is travelling outwards from the centre.
- **What makes a technique an ‘inward’ technique?** The technique is travelling inwards towards the centre.
- **What makes a technique a ‘rising’ technique?** It rises above the performer’s head.
- **What is the difference in application of guarding blocks as opposed to reaction hand to the hip blocks?** In traditional TaeKwon-Do a guarding block has the secondary hand up near the primary hand ready to quickly perform another technique. A reaction hand to the hip technique is traditionally believed to give you ‘reaction power’ – increased force in your strike or block. So in traditional TaeKwon-Do it is a play-off between performing a technique with maximum force (hand to the hip) as opposed to having the secondary hand already in the fighting zone ready to react faster. In practical self-defence TaeKwon-Do terms, the purpose of a guarding block is pretty much the same as the traditional application, however the reaction hand to the hip would be used to pull an opponent (perhaps off-balance and onto a technique). It can be used to escape from a grab and also as a powerful base or place to hold an opponent’s hand/wrist on your own hip.
- **What is the meaning of patterns Kwang-Gae, Po-Eun and Ge-Baek – and how many moves do each of the patterns have?**
  - KWANG-GAE is named after the famous Kwang-Gae-Toh-Wang, the 19th King of the Koguryo Dynasty, who regained all the lost territories including the greater part of Manchuria. The diagram represents the expansion and recovery of lost territory. The 39 movements refer to the first two figures of 391 A. D., the year he came to the throne. The pattern has 39 moves.
  - PO-EUN is the pseudonym of a loyal subject Chong Mong-Chu (1400) who was a famous poet and whose poem “I would not serve a second master though I might be crucified a hundred times” is known to every Korean. He was also a pioneer in the field of physics. The diagram represents his unerring loyalty to the king and country towards the end of the Koryo Dynasty. The pattern has 36 moves.
  - GE-BAEK is named after Ge-Baek, a great general in the Baek Je Dynasty (660 AD). The diagram represents his severe and strict military discipline. The pattern has 44 moves.

