

First Kup 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
- **In traditional TaeKwon-Do coloured belt patterns, there are three release moves. Which patterns are they in?** Do-San, Joong-Gun, Hwa-Rang.
- **Show the hand shape for a spear-finger technique and indicate the attacking tool. What are the spear finger techniques in the coloured belt patterns?** Straight spear-finger thrust (Do-San and other patterns) Flat spear-finger thrust and Upset spear-finger thrust (Toi-Gye).



- **What are the attacking tools for the following kicks?**
 - **Front snap kick:** Ball of the foot
 - **Turning kick:** Ball of the foot or instep
 - **Side piercing kick:** Footsword (Balkal)
 - **Hooking kick:** Back heel (primary) or ball of the foot (secondary)
 - **Downward (axe) kick:** See hooking kick
 - **Reverse turning kick:** Back heel

- **Give the meaning of pattern Choong Moo and how many moves does it have?**
 - Choong-Moo was the name given to the great Admiral Yi Sun-Sin of the Yi Dynasty. He was reputed to have invented the first armoured battleship (Kobukson) in 1592, which is said to be the precursor of the present day submarine. The reason why this pattern ends with a left hand attack is to symbolize his regrettable death, having no chance to show his unrestrained potentiality checked by the forced reservation of his loyalty to the king. It has 30 moves.

- **What is the meaning of Black Belt?** Black is the **opposite of white**, it therefore completes the circle and signifies **maturity and proficiency** in Tae Kwon-Do. It also signifies the wearer's **imperviousness to darkness and fear**.

- **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.

- **Show on your own hand any of the following hand parts:**
 - **Forefist**
 - **Sidelfist**
 - **Backfist**
 - **Knife-hand**
 - **Reverse knife-hand**
 - **Spear-finger**
 - **Arc-hand**
 - **Palm-heel**

