

Fourth 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
 - **Diagonal stance:** 50/50
- **Demonstrate diagonal stance, and explain the difference between diagonal and sitting stance?**
- **There are reverse spinning kicks in the Third Dan pattern Choi-Yong, and the Second Dan pattern Eui-Am. What are these kicks and what is the difference between them?** In pattern Choi-Yong the techniques are high section reverse hooking kicks, in Eui-Am they are middle section reverse turning kicks.
- **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 application of underfist strike and angle fingertip thrust?** Both techniques are primarily used in a sideways-on position to the opponent. Both techniques are relatively weak and thus need specific targets; the underfist aiming for the solar plexus, throat or face, and the angle fingertips primarily to the throat or eyes.
- **What is the meaning of patterns Se-Jong, Tong-Il and Ul-Ji - and how many moves do each of the patterns have?**
 - Se-Jong: is named after the greatest Korean King, Se-Jong, who invented the Korean alphabet in 1443 and was also a noted meteorologist. The diagram represents ‘The King’, while the 24 movements refer to the 24 letters of the Korean alphabet.
 - Tong-Il: means unification, which is the ultimate goal of all Koreans. Korea used to be one country, but was divided into North and South Korea in 1945. The diagram represents that Koreans are one race. The pattern has 56 moves.
 - Ul-Ji: is names after General Ul-Ji Moon-Doc who successfully defended Korea against a Tang’s invasion force of nearly 1 million soldiers, led by Yang-Je in 612 AD. Ul-Ji, employing hit-and-run guerrilla tactics was able to destroy a large percentage of the force. The diagram represents his surname. The 42 movements represent the author’s age when he designed the pattern.

