

Second 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:**
 - **L-stance fingertip slash (Ko-Dang).** What is its purpose? To slash your fingertips across your opponent's eyes.
 - **Defensive hooking kick (Ko-Dang).** How is it different from an attacking hooking kick? The attacking hooking kick is a horizontal attack using the back heel. The defensive hooking kick is a kind of crescent hooking kick using the footsword, and as the names imply, one is for attacking an opponent and the other is to defend.



- **Downward double palm block in rear foot stance (Eui-Am).** Blocking tool: palm heel.
- **Walking stance crescent punch (Eui-Am).** Explain the difference between a crescent punch and a turning punch. A crescent punch travels in an up and down arc and attacks an opponent that is further away, it can also come over an opponent's guard. A turning punch is an up-close technique that travels in a circular and horizontal action.
- **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 Ko Dang, Eui Am, Choong Jang - and how many moves do each of the patterns have?**
 - KO-DANG is the pseudonym of the patriot Cho Man Sik who dedicated his life to the independence movement and education of his people. The 39 movements signify his times of imprisonment and his birthplace on the 39th parallel. The patterns has 39 movements.
 - EUI-AM is the pseudonym of Son Byong Hi, leader of the Korean independence movement on March 1, 1919. The 45 movements refer to his age when he changed the name of Dong Hak (Oriental culture) to Chondo Kyo (Heavenly way religion) in 1905. The diagram represents his Indomitable Spirit, displayed while dedicating himself to the prosperity of his nation. The pattern has 45 moves.
 - CHOONG-JANG is the pseudonym given to General Kim Duk Ryang who lived during the Lee Dynasty, 14th century. This pattern ends with a left-hand attack to symbolize the tragedy of his death at 27 in prison before he was able to reach full maturity. The pattern has 52 moves.

