

Third 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.
- **Name the ready position for pattern Yoo-Sin?** Warrior ready stance B.



- **What is the purpose of a wave kick (waving kick) and what are its attacking tools?**
The purpose of a wave kick is to attack the opponent's legs primarily; either the knee or the thigh. It can attack on both the way up and the way down. On the way up you are using the reverse foot-sword and on the way down you are using the foot sword.
- **What is the meaning of patterns Choi Yong, Sam Il and Yoo Sin- and how many moves do each of the patterns have?**
 - CHOI-YONG is named after General Choi Yong, premier and commander in chief of the armed forces during the 14th century Koryo Dynasty. Choi Yong was greatly respected for his loyalty, patriotism, and humility. He was executed by his subordinate commanders headed by general Yi Sung Gae, who later became the first King of the Yi Dynasty. It has 46 moves.
 - SAM-IL denotes the historical date of the independence movement of Korea which began throughout the country on March 1, 1919. The 33 movements in the pattern stand for the 33 patriots who planned the movement. It has 33 moves.
 - YOO-SIN is named after General Kim Yoo Sin, a commanding general during the Silla Dynasty. The 68 movements refer to the last two figures of 668 A.D., the year Korea was united. The ready posture signifies a sword drawn on the right rather than left side, symbolizing Yoo Sin's mistake of following his Kings' orders to fight with foreign forces against his own nation. It has 68 moves.

