

1st Kup MOCK THEORY PAPER

Name : _____ Club : _____

1. Who introduced Tae Kwon Do in its current form and in what year? Score

- (A) He Il Cho 1967
- (B) Choi Hong Hi 1955
- (C) Yi I 1536
- (D) An Chang Ho 1936

(1) _____

2. What is the purpose of the Bytomic pad work syllabus and how should it be performed?

(2) _____

3. Name three target areas in the High Section of the body?

_____ / _____ / _____

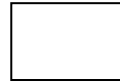
(3)

4. What is a Pattern?

(1)

5. Which block does not use An Palmok as a blocking tool?

- (A) Middle Block
- (B) Double Forearm Block
- (C) Wedging Block
- (D) Circular Block



(1) _____

6. Select the number of movements in the correct order with the patterns listed below:

Do San, Choong Moo, Joong Gun, Hwa Rang

- (A) 24, 29, 34, 29
- (B) 21, 19, 37, 24
- (C) 24, 30, 32, 29
- (D) 24, 30, 29, 32



(1) _____

7. How many patterns are there in Tae Kwon Do?

- (A) 19
- (B) 21
- (C) 24
- (D) 28



(1) _____

8. Which pattern has the following diagram?



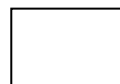
- (A) Dan Gun
- (B) Yul Gok
- (C) Do San
- (D) Choong Moo



(1) _____

9. How many stances are in Choong Moo, including the ready stance?

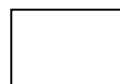
- (A) 3
- (B) 6
- (C) 4
- (D) 5



(1) _____

10. Which pattern has a posture movement in it?

- (A) Won Hyo
- (B) Choong Moo
- (C) Toi Gye
- (D) Hwa Rang



(1) _____