Black Belt Test 1

The five Tenets of Tae Kwon Do

Ye Ui: ________________________________
Yom Chi ______________________________
In Nae ________________________________
Guk Gi ________________________________
Beakjul Boolgool __________________________

How Does Tae Kwon Do Build Confidence?

_____________________________________________________________________________
_____________________________________________________________________________
_____________________________________________________________________________

Student Etiquette

Uniforms should be _____________ and your belt should be ___________ at all times.

Belts must be tied in a _____________ knot round side up.

Students must bow when entering the Do Jang to show respect to other _____________,
the _____________ and the _____________.

Students should not leave the _____________ without permission of the instructor.

No _____________ or _____________ chewing during class.

No _____________ conduct will be permitted.

Always face _____________ from the instructor and the flag when adjusting your uniform.

All _____________ must be controlled.
History of Tae Kwon Do

The first traces of Tae Kwon Do were in ____________.

Tae Kwon Do is ____________________.

The first kingdom of Tae Kwon Do was ________________.

The Dynasties of Tae Kwon Do were (in order):

__________________

__________________

__________________

Tae Kwon Do was first called__________________.

In __________, Korea became liberated from Japan and Tae Kwon Do became popular again.

In 1945, Tae Kwon Do was introduced to the__________________.

The first world Tae Kwon Do championship was in __________________, in 1973.

__________________ used Tae Kwon Do to defend themselves when the military would attack.

Tae Kwon Do is an Olympic Medal sport in ____________________________ in the year 2000.

Korean Words used in Tae Kwon Do

Tae Kwon Do means ____________________.

Tae means ____________________.

Kwon means ____________________.

Do means ____________________.

Korean Count

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<thead>
<tr>
<th>One</th>
<th>A - Yasut</th>
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Kihap: Your yell, Reasons for yelling

____________ your stomach
____________ your opponent
Call up your ______________.

**Basic Skills**

All Blocks must be ______________ degrees.

Your weight on a front stance must be ______________.

Your weight on a back stance must be ______________.

Your weight on a cat stance must be ______________.

Forms are used to practice ______________, ______________, and to show the ______________ of the martial art, Tae Kwon Do.

High punches should be in the ______________ area (nose/top of lip).

Middle punches should be in the ______________ area (stomach).

Low punches should be in the ______________ area.

**Kicks**

Roundhouse – kick with the ______________, ______________, or ______________ of the foot.

Front kick – Kick with the ______________ of the foot.

Pushing kick – Kick with the ______________ of the foot.

Pick ax – Kick with the ______________ of the foot. (or ______________ during tournaments)

Swing kick – Kick with the ______________ of the foot.

Hook kick – Kick with the ______________ or ______________ of the foot.
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<tr>
<th>Belt</th>
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