

# SWINDON TAEKWONDO SCHOOL

April, 2011

## 4<sup>th</sup> Kup Theory Test

<b>1</b>	Please give the full meaning of the pattern Joong-Gun. (Attach and separate sheet if necessary)	
<b>2</b>	Give all the stances in Joong-Gun Tul in English and Korean.	
<b>3</b>	Give a possible use for palm upward block	
<b>4</b>	What is the Korean for twin upset punch?	
<b>5</b>	What is the Korean for twin vertical punch?	
<b>6</b>	What is upper elbow strike in Korean and which movement is it in Joong-Gun Tul?	
<b>7</b>	Give the Korean for angle punch.	
<b>8</b>	What is reverse turning kick in Korean and its foot part of use?	
<b>9</b>	What is palm pressing block in Korean?	
<b>10</b>	What is the meaning of the colour red in Taekwon-Do?	