

# Grants Family Martial Arts- Black Belt Study Guide

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NAME: \_\_\_\_\_

SHORT ANSWER: ANSWER THE FOLLOWING QUESTIONS.



1. What does Tae Kwon Do Mean?

**TAE - TO KICK or TO STRIKE WITH THE FOOT**  
**KWON - FIST or TO STRIKE WITH THE HAND**  
**DO - DISCIPLINE or ART**  
**TAE KWON DO - THE ART OF KICKING AND PUNCHING**

2. What is the name of the Korean flag?

**TAEGUEK E**

3. What does the name of the Korean flag mean?

**ALL ELEMENTS OF THE UNIVERSE**

4. What does the center circle of the Korean flag represent?

**DUALISM**

5. What do the bars on the Korean flag represent?

**HEAVEN, EARTH, FIRE, WATER**

6. Who wrote the Star Spangled Banner?

**FRANCIS SCOTT KEY**

7. Define the follow:

- a. SA BOO NIM - **INSTRUCTOR**
- b. SA BUM NIM - **MASTER**
- c. SUN BAE NIM - **SENIOR BELT**

8. How old is Tae Kwon Do?

**3,000 - 4,000 YEARS OLD**

9. What was Tae Kwon Do originally called?

**HWA RANG DO**

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10. What country tried to abolish Tae Kwon Do?

**JAPAN**

11. How were the names of the original 3 kingdoms in Korea?

**SILLA  
KOGURYO  
BAEKCHE**

12. Who is the founder of Martial Arts Institute of America?

**GRAND MASTER BYUNG MIN KIM**

13. Why do we wear the American flag on the left sleeve?

**CLOSER TO THE HEART**

14. Why do you practice strength punch?

**BREATH CONTROL, FOCUS, INCREASE STRENGTH**

15. What does each color belt represent?

- a. White - **SEED**
- b. Yellow - **SEED BEGINNING TO GROW**
- c. Green - **PLANT BEGINNING TO BLOSSOM**
- d. Blue - **REACHING FOR THE SKY**
- e. Red - **REACHING FOR THE SUN**
- f. Black - **REACHING FOR THE UNIVERSE**

16. Write out pledge 8. How do you practice this in your life?

**I will endeavor to overcome any shyness I might feel being in front of an audience. In this effort I will assist my instructors in teaching beginning students whenever possible.**

**GRADE BASED ON WHAT WRITTEN**

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17. Write out pledge 6. How do you practice this in your life?

**I shall react in a mature manner to every event, regardless of whether it is favorable, frustrating, or disastrous, as I represent the school.**

**GRADE BASED ON WHAT WRITTEN**

18. Write out pledge 1.

**I understand that the Martial Art program strives toward the improvement of the whole person. Therefore, it insists on the constant interaction between the spiritual and the physical. I will emulate the high ideals of all ancient cultures, such as tolerance, non-violence, respect for my peers, dedication to duty, and honor to my superiors.**

19. What is your belt called in Korean?

**DEE**

20. Describe how to properly perform each of the following. Be specific including where hands initially start, which hand is on top and which hand is on bottom, which way do both wrists face initially, which way both both wrists face at end of move, and position of both hands at end of move.

a. LOW BLOCK

**GRADE BASED ON WHAT WRITTEN**

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b. POOSAY PA CHAGI

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c. HECHO MAGGI

**GRADE BASED ON WHAT WRITTEN**

d. POM SON CHIGI

**GRADE BASED ON WHAT WRITTEN**

21. Starting from CHARIOT, answer the following questions:
- When going to CHOOMBI, which foot moves?

**LEFT FOOT**

- When going into horseback stance, which foot moves?

**RIGHT FOOT**

- When going from horseback stance, back to CHOOMBI, which foot moves?

**RIGHT FOOT**

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DEFINE THE FOLLOWING TERMINOLOGY:

1. CHARIOT - **ATTENTION**
2. CHOOMBE - **READY STANCE**
3. YUHL - **10**
4. KIMO JASI - **HORSEBACK STANCE**
5. KIRO JASI - **FIGHTING STANCE**
6. BABAQUA - **SWITCH FEET**
7. KYUNGYE - **BOW**
8. AHO - **9**
9. CAMSAHAMIDA - **THANK YOU**
10. KUKI - **FLAG**
11. HOLGO - **CHEST PROTECTOR**
12. HALWANGROO - **TURN AND FACE EACH OTHER**
13. YODOL - **8**
14. SIJAK - **BEGIN**
15. GUMAN - **HOLD/STOP**
16. NET - **4**
17. KALYO - **BREAK/STOP**
18. HONG - **RED**
19. ILGOOL - **7**
20. CHONG - **BLUE**
21. DOBOK - **UNIFORM**
22. DOSAT - **5**
23. POM SON CHIGI - **SPEAR KNIFE HAND ATTACK**

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24. YOSAT - **6**
25. JO MOEK - **FIST**
26. IL - **FIRST**
27. POOMSE - **FORMS**
28. DUNE JO MOEK - **BACK FIST**
29. CUM GUN MOMTANG MAKKI - **DIAMOND BLOCK**
30. O - **FIFTH**
31. PALGWE - **BARS ON THE KOREAN FLAG**
32. KYUKPA - **BREAKING**
33. YUP CHAGI - **SIDE KICK**
34. POOSAY MO CHAGI - **OPEN HAND FACE BLOCK WITH CHOP**
35. OKO ASO DONE JO MOEK CHAGI - **STOMPING BACK FIST**
36. KYORUGI - **SPARRING**
37. TAE GUK - **ALL ELEMENTS OF THE UNIVERSE**
38. PYON JO MOEK - **FOUR KNUCKLE FIST**
39. YUK - **SIXTH**
40. KARA MOMTANG MAKKI - **DOUBLE FIST UPPER TORSO BLOCK**
41. DWI CHAGI - **BACK KICK**
42. SOM - **THIRD**
43. WAYSON MOMTANG MAKKI - **SINGLE MOUNTAIN BLOCK**
44. PA CHIGI - **CAT STANCE WITH PALM STRIKE**
45. CHIL - **SEVENTH**
46. POOSAY PA CHIGI - **OPEN HAND FACE BLOCK WITH PALM STRIKE**

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- 47. SA - **FOURTH**
- 48. AP CHAGI - **FRONT KICK**
- 49. HOORYO CHAGI - **CRESCENT KICK**
- 50. ME JO MOEK - **HAMMER FIST**
- 51. CHIK GI - **AX KICK**
- 52. HECHO MAGGI - **SPREAD BLOCK**
- 53. SHIGAN - **TIME or TIMEOUT**
- 54. KYONG-GO - **PENALTY**
- 55. SONNAL DUNG CHIGI - **RIDGE HAND STRIKE**
- 56. YOP CHIRUGI - **SIDE PUNCH**
- 57. YEOT PERO MAGGI - **X-BLOCK**
- 58. EOLGUL MAGGI - **FACE BLOCK**
- 59. BARRO - **RETURN (TO PREVIOUS POSITION)**
- 60. AHP SOGI - **WALKING STANCE**