

Grants Family Martial Arts- Black Belt Study Guide

NAME: _____



SHORT ANSWER: ANSWER THE FOLLOWING QUESTIONS.

1. What is the name of your Martial Art?

TAE KWON DO

2. What is the name of the Korean Flag?

TAEGUEK E

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

HEAVEN, EARTH, FIRE, WATER

4. What is the name of the American flag?

STAR SPANGLED BANNER

5. What do the stripes on the American flag represent?

13 ORIGINAL COLONIES

6. What do the stars on the American flag represent?

50 STATES

7. Match the Korean name with the appropriate definition:

a. SA BOO NIM _____ → Instructor

b. SA BUM NIM _____ → Master

c. SUN BAE NIM _____ → Senior Belt

8. What is the name of your school?

**GRANTS FAMILY MARTIAL ARTS CENTER
OR
MARTIAL ARTS INSTITUTE OF AMERICA**

9. How old is Tae Kwon Do?

3,000 TO 4000 YEARS OLD

10. What was Tae Kwon Do originally called?

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HWA RANG DO

11. What country tried to abolish Tae Kwon Do?

JAPAN

12. How many kingdoms was Korean originally divided into?

THREE

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

GRAND MASTER BYUNG MIN KIM

14. Why do we wear the school patch on the left front of your uniform?

GRADE BASED ON WHAT IS WRITTEN

15. What is the purpose of the KI HAP?

STRENGTH, POWER, BREATHING, BUILDING OF INNER ENERGY

16. Why do you practice speed punch?

GRADE BASED ON WHAT IS WRITTEN

17. 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**

18. What is 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 IS WRITTEN

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19. Describe how to perform a proper back kick starting from fighting stance

GRADE BASED ON WHAT IS WRITTEN

20. For a right hand face block, answer the following questions:

- a. Where do hands cross each other?

IN FRONT AT APPROX BELT LEVEL

- b. Which hand is on top and which hand is on bottom?

LEFT HAND ON TOP

RIGHT HAND ON BOTTOM

- c. Which way do both wrists face initially?

LEFT WRIST FACING DOWN

RIGHT WRIST FACING UP

BOTH WRISTS FACING EACH OTHER

- d. Which way does the right wrist face when face block is complete?

RIGHT WRIST FACES UP TOWARDS CEILING

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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**

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23. POM SON CHIGI - **SPEAR KNIFE HAND ATTACK**
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**