**THEORY QUIZ FOR 8TH KUP / YELLOW BELT**

Please circle the correct answer:

1. The pattern for your grade is called:

Chon ji Dan gun Do San

1. The meaning is:

Heaven and earth

Named after the Patriot Ahn chang Ho

Named after the legendary founder of Korea

1. This pattern contains:

21 moves 24 moves 19 moves

1. The colour green signifies:

Earth Danger The plants growth

1. Link the following Korean words with the English:

|  |  |  |  |
| --- | --- | --- | --- |
|  | Forearm Rising Block |  | Palmok daebi makgi |
|  | Twin Outer Forearm Block |  | Dung Joomuk Ap Naeryo Taerigi |
|  | Back Fist Front Downward Strike |  | Palmok Chookyo makgi |
|  | Forearm Guarding Block |  | Ap Cha Busigi |
|  | Outer Forearm Inward Block |  | Dollyo Chagi |
|  | Front Snap Kick |  | Anaero |
|  | Turning Kick | 14. | Example: Doo Jirugi |
|  | Ball of Foot |  | Bakaero |
|  | Knife Hand Guarding Block |  | Sonkal taerigi |
|  | Inward |  | Sang bakat palmok makgi |
|  | Outward |  | Sambo Matsoki |
|  | 3 Step Sparring |  | Sonkal Daebi Makgi |
|  | Knife Hand Strike |  | Kaunde Anaero bakat palmok makgi |
|  |  Example: Double Punch |  | Ap Kumchi |

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