## 1) How many coloured belt patterns have a fingertip thrust in them – and name them?

## 2) Name three coloured belt patterns that start in Moa Sogi?

**3*) Name three kicks that use the heel?***

## 4) When was Taekwondo formed?

## 5) What is the significance of the year 2333BC?

***6) What is the difference between a back kick and a reverse side kick?***

## 7) What is the blocking tool for ‘golcha makgi’?

## 8) How do you know if a stance is a left or right stance?

## 9) What are the weight distributions for:

## walking stance………………low stance…………………L stance……………………

## X-stance…………………….. rear foot stance……………………

## 10) What is Tae Kwon-Do?