



Match the Korean kingdoms with the year they were founded.

- |             |         |
|-------------|---------|
| 12. Silla   | 1392 AD |
| 13. Kugoryo | 935 AD  |
| 14. Paekche | 18 BC   |
| 15. Koryo   | 57 BC   |
| 16. Yi      | 37 BC   |

17. The Korean flag is called \_\_\_\_\_.

- A) Kukgi                  B) Tae Keuk Ki                  C) Bae Rye                  D) Hyup Hoi Ki

18. The Silla Dynasty was located in the \_\_\_\_\_ part of Korea.

- A) northern                  B) western                  C) southeastern                  D) southwestern

Match the English body part with the Korean term.

- |                 |           |
|-----------------|-----------|
| 19. neck        | pahl      |
| 20. arm         | bahl      |
| 21. foot        | pahl koop |
| 22. waist       | tuck      |
| 23. hand        | mok       |
| 24. chin        | dan jun   |
| 25. low abdomen | soo       |
| 26. elbow       | hur ri    |

27. The united Silla Kingdom was overthrown in the year \_\_\_\_\_.

- A) 668 AD                  B) 935 AD                  C) 907 AD                  D) 1392 AD

28. In Korean, Yodol refers to the number \_\_\_\_\_.

- A) 4                  B) 6                  C) 7                  D) 8                  D) 10

29. Chun Kul Ssang Soo is \_\_\_\_\_.

- A) side punch                  B) high knife hand block, front stance                  C) two hand block, front stance

30. The first complete martial arts book is called \_\_\_\_\_.

- A) Koryosa                      B) Mooyae Dobo Tongji                      C) Muyong-Chong                      D) Samkook Sagi

31. The first complete martial arts book was written in \_\_\_\_\_.

- A) 1500 B.C.                      B) 650 B.C.                      C) 830 A.D.                      D) 1790 A.D.

32. Grandmaster Jae C. Shin was honored by being the subject of a full chapter in the martial arts book \_\_\_\_.

- A) The Art of War                      B) 20<sup>th</sup> Century Warriors                      C) Zen in the Martial Arts

33. A minimum of \_\_\_\_\_ training classes are required as a Cho Dan Bo before you may test for Cho Dan.

- A) 24                      B) 92                      C) 72                      D) 30

Finish the 14 attitude requirements.

Word Bank

Enhancement	Approach	Physical	Practice	Spaced
Mental	Effort	Regular	Constant	Practice
Purpose	Listen	Achievements	Techniques	Follow
Philosophy	Theory	Idle		

- (34) \_\_\_\_\_ of training should be the (35) \_\_\_\_\_ of (36) \_\_\_\_\_ and (37) \_\_\_\_\_ betterment.
- Serious (38) \_\_\_\_\_.
- All out (39) \_\_\_\_\_.
- Maintain (40) \_\_\_\_\_ and (41) \_\_\_\_\_ practice.
- (42) \_\_\_\_\_ basic techniques all the time.
- Regularly (43) \_\_\_\_\_ (44) \_\_\_\_\_ sessions.
- Always (45) \_\_\_\_\_ to and (46) \_\_\_\_\_ the direction of instructors or seniors.
- Do not be overly ambitious.
- Frequently inspect your own (47) \_\_\_\_\_.
- Always follow a routine training schedule.
- Repeatedly practice all (48) \_\_\_\_\_ already learned.

- When you learn new techniques, learn thoroughly the (49) \_\_\_\_\_ and (50) \_\_\_\_\_ as well.
- When you begin to feel (51) \_\_\_\_\_, try to overcome this.
- Cleanliness is required after training. Keep yourself and your surroundings clean.

Match the year of Grandmaster's life with what he did.

- |                   |  |
|-------------------|--|
| 52. 1936          | Started training in martial arts                       |
| 53. 1948 (age 12) | Recruited into the Korean Air Force                    |
| 54. 1958          | Born in Korea  |
| 55. 1968          | Founded his first U.S. organization                    |
| 56. 1982          | Awarded his 9 <sup>th</sup> Degree                     |
| 57. 2010          | Charter Convention of WTSDA proclaimed him Grandmaster |

58. The name of the monk who inspired Grandmaster Shin to begin his martial arts training is \_\_\_\_\_.

59. "E Dan Ahp Cha Ki" means \_\_\_\_\_.

60. When Grandmaster Shin first came to the United States, it was as a representative of the Korean \_\_\_\_\_ Association.

- A) Moo Duk Kwan                      B) Soo Bahk Do                      C) Yun Moo Kwan

61. The Do Bohk can be traced back to about \_\_\_\_\_.

- A) 2000 B.C.                      B) 500 B.C.                      C) 100 A.D.                      D) 600 A.D.

62. The monk who originated the Five Codes of Tang Soo Do was \_\_\_\_\_.

- A) Wang Kun                      B) Confucius                      C) Won Kwang                      D) Lao Tze

63. Grandmaster Shin's first organization in the United States was \_\_\_\_\_.

- A) U.S. Tang Soo Do Federation                      B) World Tae Soo Association                      C) Tang Soo Do America

64. The first organization was founded in the city of \_\_\_\_\_.

- A) Philadelphia, PA                      B) New York, NY                      C) Chicago, IL                      D) Burlington, NJ

65. Which one of the following is **not** a Kup So, or vital point?

- A) temple                      B) windpipe                      C) arm                      D) floating ribs

Match the belt color with the definition.

- |            |   |
|------------|---|
| 66. White  | new growth which appears in spring                  |
| 67. Orange | maturity, respect, and honor                        |
| 68. Green  | seed as it lies dormant beneath the snows of winter |
| 69. Brown  | blood, life, energy, attention, and control         |
| 70. Red    | speedy development of youth as summer arrives       |
| 71. Blue   | power, stability, agility, weight, and wisdom       |

Match the Korean term with the English translation.

- |                        |                     |
|------------------------|---------------------|
| 72. Shim Sa Kwan Nim   | hand techniques     |
| 73. Sah Bum Nim        | examiner            |
| 74. Jok Ki             | respect             |
| 75. Soo Ki             | instructor, teacher |
| 76. Chung Shin Tong Il | foot techniques     |
| 77. Chon Kyung         | focus of eyes       |
| 78. Shi Sun            | concentration       |

79. The name of the World Tang Soo Do Association flag is \_\_\_\_\_.

- A) Tae Keuk Ki                      B) Kuk Gi                      C) Kim Chi                      D) Hyup Hoi Ki

80. The World Tang Soo Do Association's Charter Convention was held in the city of \_\_\_\_\_.

- A) Philadelphia, PA                      B) Chicago, IL                      C) Seoul, Korea                      D) New York, NY

81. The dates of the World Tang Soo Do Association Charter Convention were \_\_\_\_\_.

- A) Nov. 13-14, 1982                      B) Feb. 8-9, 1968                      C) Nov. 13-14, 1984                      D) Dec. 20-21, 1987

82. Kap Kwon is \_\_\_\_\_.

- A) fore fist                      B) heel of palm                      C) back fist                      D) ridge hand

83. Internal power exercise is \_\_\_\_\_.

- A) Shim Kong      B) Nae Kong      C) Kong Kyuck      D) Ahp Cha Ki

84. The two kick techniques in Bassai are Yup Cha Ki and \_\_\_\_\_.

- A) Yup Hu Ryo Cha Ki      B) Tolloyo Cha Ki      C) Phakeso Ahnu Ro Cha Ki      D) Cchik Ki

Draw a line to connect the Korean term with the matching English word.

- |                         |                   |
|-------------------------|-------------------|
| 85. Ho Sin Sul          | One-Step Sparring |
| 86. Hyung               | Punch Exercise    |
| 87. Il Soo Sik Dae Ryun | Form or Pattern   |
| 88. Pahl Put Ki         | Free Sparring     |
| 89. Ja Yu Dae Ryun      | Self-Defense      |

90." Kyuck Pa" means \_\_\_\_\_

- A) thinking      B) meditation      C) breaking      D) running

**Extra Credit:** What form are the Masters doing on page 54 of the gup manual? \_\_\_\_\_

- A) Bassai      B) Bong Hyung Il Bu      C) Sip Soo      D) Jin Do