



Testing for CDB Gup Written Exam



Name : _____ Gup # : _____ Date : _____

Examiners Use Only

Total correct _____ / 100 = _____ %

75% is passing

1. The three mottos of the World Tang Soo Do Association are traditionalism, brotherhood, and _____.

2. Knife hand defense and reverse punch in fighting stance is _____.

A) Yuk Jin B) Soo Ki C) Ha Dan Soo Do D) Yuk Soo

3. Which of the following techniques is in Pyung Ahn Sah Dan?

A) Dwi Cha Ki B) Jang Kwon C) Kwan Soo D) Yup Cha Ki

4. The Dynasty that united Korea's three kingdoms was the _____.

A) Koryo B) Paekche C) Koguryo D) Silla

5. Tang Soo Do is about _____ years old.

A) 5000 B) 3000 C) 2000 D) 1500

Match the Korean kingdoms with the year they were founded.

6. Silla 1392 AD

7. Kugoryo 935 AD

8. Paekche 18 BC

9. Koryo 57 BC

10. Yi 37 BC

11. The Korean flag is called _____.

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

12. 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.

- | | |
|------------------|-----------|
| 13. neck | ko hwan |
| 14. groin | bahl |
| 15. foot | myung chi |
| 16. waist | in choong |
| 17. philtrum | mok |
| 18. chin | dan jun |
| 19. low abdomen | tuck |
| 20. solar plexus | hur ri |

21. The united Silla Kingdom was overthrown in the year _____.

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

22. In Korean, Yodol refers to the number _____.

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

23. Chun Kul Ssang Soo is _____.

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

24. The first complete martial arts book is called _____.

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

25. 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.

26. 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) 20th Century Warriors C) Zen in the Martial Arts

27. 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

28. The Korean term for endurance is _____.

- A) I Ma B) In Neh C) Kyum Son D) In Choong

29. From the time a student begins training, the minimum time required before becoming eligible to test for Cho Dan Bo is _____.

- A) 12 months B) 18 months C) 24 months D) 30 months

30. The Japanese occupation of Korea took place from _____.

- A) 1875-1910 B) 1890-1941 C) 1909-1945 D) 1927-1959

31. Grandmaster Shin's first instructor and the founder of Moo Duk Kwan was _____.

- A) Master Inoshita B) Hwang Kee C) unknown D) Won Kwang

32. The formal name for Tang Soo Do is _____.

- A) Soo Bahk Do B) Moo Duk Kwan C) Tae Kyun D) Soo Bahk Ki

33. Grandmaster Shin's 6 areas of expertise include self-defense, forms, _____, weapons, health care, ki gong, and meditation. What is the missing area of expertise?

- A) breaking B) internal power C) running D) punching

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

- | | |
|-------------------|--|
| 34. 1936 | Started training in martial arts |
| 35. 1948 (age 12) | Recruited into the Korean Air Force |
| 36. 1958 | Born in Korea |
| 37. 1968 | Founded his first U.S. organization |
| 38. 1982 | Awarded his 9 th Degree |
| 39. 2010 | Charter Convention of WTSDA proclaimed him Grandmaster |

40. The name of the monk who inspired Grandmaster Shin to begin his martial arts training is _____.

41. "E Dan Ahp Cha Ki" means _____.

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		

- (42) _____ of training should be the (43) _____ of (44) _____ and (45) _____ betterment.
- Serious (46) _____.
- All out (47) _____.
- Maintain (48) _____ and (49) _____ practice.
- (50) _____ basic techniques all the time.
- Regularly (51) _____ (52) _____ sessions.
- Always (53) _____ to and (54) _____ the direction of instructors or seniors.
- Do not be overly ambitious.
- Frequently inspect your own (55) _____.
- Always follow a routine training schedule.
- Repeatedly practice all (56) _____ already learned.
- When you learn new techniques, learn thoroughly the (57) _____ and (58) _____ as well.
- When you begin to feel (59) _____, try to overcome this.
- Cleanliness is required after training. Keep yourself and your surroundings clean.

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

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. Sun Bae Senior Dan holder

91. Cho Bo Ja Senior member

92. Ko Dan Ja Beginner

93. Hu Bae Junior member

94." Kyuck Pa" means _____

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

Write out the rest of the commands to open or close class.

- 95. Cha _____
- 96. Kukgi _____
- 97. Ba _____
- 98. Ahn _____
- 99. Muk _____
- 100. Kwan Chang Nim _____

Extra Credit: In what year did Master Theros earn his First-Degree Black Belt? _____

- A) 1993
- B) 1998
- C) 2002
- D) 1975