

ORAL QUIZ FOR 9TH GUP CANDIDATE

1. There are four sitting positions for students while in uniform. True False
2. Gym shoes are allowed on the training area. True False
3. The Taekwondo uniform is called a Toe'chong. True False
4. You may address your Instructor by his/her first name if you are related. True False
5. You may chew gum while practicing Taekwondo. True False
6. A tardy student must wait to be recognized by the Instructor before asking permission to join class. True False
7. According to our Textbook there are four rules why we do not wear shoes while training in a formal class session. True False
8. You do not have to come to the position of attention each time you are approached by your Instructor. True False
9. You may carry your uniform draped over your shoulder when entering the training area. True False
10. You may wash your belt each time that you wash your uniform. True False
11. A student may wear black pants when he becomes a brown belt. True False
12. The Taekwondo training system that you are being taught is called Chung Do Kwan. True False
13. Pa-doe in Taekwondo terms means "Ready position." True False
14. There are five colors in the U.S. Chung Do Kwan Association emblem. True False
15. The fist in the center of our emblem is from the left hand. True False

ORAL QUIZ FOR 8TH GUP CANDIDATES:

1. The walking stance is actually a short forward square stance. True False
2. According to our newest textbook there are seven basic stances. True False
3. Yuk'Jin is a Taekwondo term meaning "shout." True False
4. There are only four basic weapons on one hand. True False
5. The elbow is the only weapon that can be used against an assailant at close quarters. True False
6. Karate is a Korean word meaning Taekwondo. True False
7. A square stance is two shoulders long in length, but a walking stance is about one shoulder length. True False
8. According to our new textbook there are 26 "personal" striking weapons on the human body. True False
9. The shoulder can be used as a blocking weapon. True False
10. The United States Chung Do Kwan Association (USCDKA) was founded by an American. True False
11. Rule #2 of "true cleanliness" is "Clean Body" Practice good personal hygiene. True False
12. There are 7 belt levels in the U.S. Chung Do Kwan student ranks. True False
13. The Taekwondo term Gup (also spelled Geup) means "a skill level within the student ranks." True False
14. The World Taekwondo Federation headquarters is located in Seoul, Korea. True False
15. A defensive reflex is the ability to block an attack without having to think about it. True False

ORAL QUIZ FOR 7TH GUP CANDIDATES

- | | | |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------|------------|
| 1. There are traces of Taekwondo as far back as 37 B.C. in the form of murals and giant carvings. | True | False |
| 2. Taekwondo became most popular during the Silla Dynasty. | True | False |
| 3. A Kwan is actually a school that teaches the art and science of Taekwondo. | True | False |
| 4. By 1980 there were 27 different styles of Korean martial arts. | True | False |
| 5. The first Taekwondo organization to have worldwide recognition was called the “Korea Taekwondo Association.” | True | True False |
| 6. In 1975 the President of Korea declared Taekwondo a “national sport.” | True | False |
| 7. Grandmaster Edward B. Sell formed the U.S. Chung Do Kwan Association in 1967. | True | False |
| 8. Grandmaster E. B. Sell was the first person outside of the Korean Nationality that was ever awarded the 4 th , 5 th , 6 th and 7 th Degrees of Black Belt. | True | False |
| 9. The first and only foreigner to complete in a Korean National tournament, called the Presidential Championship was 3 rd Degree Black Belt, Edward B. Sell in 1963. | True | False |
| 10. It is tradition to never let your belt touch the floor. | True | False |
| 11. If you are tired and dressed in Toe’ balk, it is permissible to stretch out and take a short nap while waiting to be tested or at a large tournament. | True | False |
| 12. When in doubt about a rule or traditional custom, it is wise to ask a senior student before approaching your Instructor. | True | False |
| 13. A Grandmaster is a teacher of Masters. | True | False |
| 14. The Black Belt is a symbol of being a Champion over all your weakness. | True | False |
| 15. When awarded the 6 th Gup Green Belt, a person is no longer called a “beginner.” | True | False |

ORAL QUIZ FOR 6TH GUP CANDIDATES

1. A Master is a teacher of Black Belts. True False
2. A Master must be at least a 4th Degree Black Belt and must meet other specific requirements according to the USCDK rules. True False
3. One of the qualifications to be a Kwan' Jang is that the person dedicated most of his adult life to the art of teaching Taekwondo as a career. True False
4. A Kwan'Jang is the highest position anyone can receive in the art and science of Taekwondo. True False
5. The U.S. Chung Do Kwan Association was founded in 1967. True False
6. The Taekwondo term Pa'doe means "sit down." True False
7. Yuk'jin shult means "Parade Rest." True False
8. Poomse simply means "forms." True False
9. Grandmaster Sell started the U.S. Chung Do Kwan Association by opening his first school in a small town outside of Detroit, Michigan. True False
10. A simple English translation of a Kwan'Jang is Grand Master. True False
11. A Master is a teacher of Black Belts. True False
12. The U.S. Chung Do Kwan President moved the Headquarters Office to Lakeland, Florida in 1969. True False
13. A Dee is a term used for uniform. True False
14. Com'mult means to "line up and adjust your uniform." True False
15. The Grandmaster and Kwan Jang' of the World Chung Do Kwan Association is the Honorable Un Kyu Uhm, who resides in Seoul, Korea. True False

ORAL QUIZ FOR 5TH GUP CANDIDATES

1. According to our textbook there are five parts of a formal “Taekwondo class.” True False
2. If you are late it is not necessary to stretch out if class has already begun. True False
3. The term “Dul” means “#9 count.” True False
4. It is not necessary to count in Korean in order to conduct a formal class. True False
5. The word “Dan” is pronounced as “Don.” True False
6. Eel-bon-da-dee-un means to “free spar.” True False
7. Poomse training helps a student develop precision, control, and self-discipline. True False
8. It is the responsibility of the senior student to conduct an inspection. True False
9. Japanese word for Poomse is Kata. True False
10. When coaching a beginner you must be forceful and very critical of all errors. True False
11. If a beginner is extra sharp, you should teach him poomse his first day. True False
12. It is very important to stretch prior to a class or strenuous workout. True False
13. As a coach it is important that you become good friends with the beginner that you have been assigned to. True False
14. As a coach you have the authority to discipline the beginners. True False
15. According to our textbook, a student must memorize 10 poomse before being eligible to test for 1st Dan Black Belt. True False

ORAL QUIZ FOR 4TH GUP CANDIDATES

1. While sparring a fellow student, you notice that he is kicking and striking without much control and could actually hurt you, your response would be to ask him, “Would you please use a little more control?” True False
2. A combination is “a giyup and a punch.” True False
3. According to our textbook there are 10 different types of sparring. True False
4. One Step Sparring does not help a student to be better at Free style sparring. True False
5. The basic difference between sparring and fighting is that in fighting there is an intention to hurt plus there is anger. True False
6. Continued practice in free style sparring is the key to preventing an injury to yourself and to your opponent. True False
7. A student does not need to have a fake if his technique is fast enough. True False
8. The foot is our first and most important weapon of the human body. True False
9. Our defensive system is the ability to parry away from and to block with our arms and hands. True False
10. The knee of leg block should only be used in a self-defense situation. True False
11. You should always look at the point where you are blocking. True False
12. Always look in the face of your opponent. True False
13. In order to strike high, you should fake low. True False
14. Free style sparring and tournament sparring are classified as the same. True False
15. Judo is a Japanese martial art. True False

ORAL QUIZ FOR 3RD GUP CANDIDATES

1. According to our textbook there are six vulnerable targets in the chest area. True False
2. A vital area is an area on the human body where if struck with a hard blow could cause serious injury or death. True False
3. Taekwondo makes major joints into weapons. True False
4. The most practical stance in street defense is the forward square stance. True False
5. When breaking a board with a side chop, the entire edge of the hand is used, from the tip of the little finger down to the wrist. True False
6. It makes no difference how the boards are held as long as you strike in the middle. True False
7. According to our textbook, it takes approximately 40 pounds of pressure to break one 1” x 12” x 12” pine board. True False
8. Our textbook gives four classifications of demonstrations. True False
9. A student would have no problem breaking several concentrate slabs on bare ground as long as he has the proper stance. True False
10. The author of our textbook estimates that it takes 250 pounds of pressure to break a red house brick. True False
11. The “Kukkiwon” is the administrative and research center of the World Taekwondo Federation. True False
12. Normally, a student must test ten times before being awarded the Black Belt. True False
13. Board holders must station themselves in a straddle stance before the strike is delivered. True False
14. There are six points of body balance. True False
15. A “Testing Cycle” is a student examination that is held monthly, bi-monthly or quarterly and evaluates a student under stressful situations. True False

ORAL QUIZ FOR 2ND GUP CANDIDATES

1. One of the requirements for 9th Gup is to execute Taegeuk El Chong. True False
2. To become a USCDK Green Belt, one must learn at least 20 one step spar techniques. True False
3. After being awarded a Blue Belt a USCDK student is then taught Taegeuk Oh Chong, True False
4. While coaching a beginner the most effective position for demonstrating a technique is along side of him/her. True False
5. When applying a hook kick during free style sparring, you should strike with the heel. True False
6. Continue practice and experience in free style sparring, teaches the student to “roll with the blow”, therefore preventing serious injuries. True False
7. Poomse (forms) should only be practiced under the supervision of a Black Belt Instructor. True False
8. When in a self defense situation and the assailant has a weapon, it is imperative that you focus your attention on the assailants eyes. True False
9. Poomse is a training method in which a student learns to develop discipline. True False
10. According to our textbook there are two channels of the subconsciousness. True False
11. There are six ways that a specific kick can be applied. True False
12. The pressure points on the human body are approximately every six inches. True False
13. A pressure point is the accumulation of nerve endings. True False
14. Rape is the world’s oldest social crime. True False
15. Name and reputation may pass away, but credentials last a lifetime. True False

ORAL QUIZ FOR 1ST GUP CANDIDATES

1. A person does not automatically become an Instructor after being awarded a Black Belt. True False
2. To qualify for the position as a USCDK Instructor, a student must first attend special seminars and training sessions prior to testing for 1st Dan. True False
3. A “special class” is a session when a specific item is taught during the entire time period. True False
4. An Associate Instructor has the authority to open his own school or club. True False
5. A Chief Instructor must hold the rank of at least 3rd Dan. True False
6. A student can become a Master after six years of training. True False
7. While teaching Poomse, the Instructor should remain in one position at all times so that he does not distract the students. True False
8. It is important for the Instructor to watch facial expressions in order to determine a change in a students temperament. True False
9. If an injury occurs during class, it would be wise for the Instructor to close the class and dismiss the students rapidly. True False
10. Body language is the “key” to reading the overall attitude of an adult class session. True False
11. An Instructor should never teach more than two “special class sessions” consecutively without having a Six Part Formal Class. True False
12. A Black Belt must register with the USCDK Headquarters every 2 years. True False
13. The author of our textbook gives a total of twelve rules on “how to win in forms and sparring” when entering a tournament. True False
14. A person must be a 4th Dan before qualifying for “International Referee Certification.” True False
15. The jury at a tournament using WTF rules can “over-rule” all other officials. True False

