

# Sebastian Karate Moo Duk Kwan (10 and Up)

Name: \_\_\_\_\_ Number: \_\_\_\_\_ Date: \_\_\_\_\_

Testing for \_\_\_\_\_ Dan Total Score \_\_\_\_\_ 70% is passing

**Pages 1 & 2 test for 8<sup>th</sup> thru 7<sup>th</sup> Gups,**

**Pages 1 to 5 test for 6<sup>th</sup> thru 4<sup>th</sup> Gups (Green Belts)**

**Pages 1 to 9 test for 3<sup>rd</sup> thru 1<sup>st</sup> Gups - (Red Belts)**

**Pages 1 to 12 the Full Test is for 1<sup>st</sup> Gups and Black Belt**

<b>MIX AND MATCH</b>			
<i>Kong Kyuk</i>		1	<i>Belt</i>
<i>Nim</i>		2	<i>Horse Riding Stance</i>
<i>Kee Cho</i>		3	<i>Thank You</i>
<i>Sah Bum Nim</i>		4	<i>Jumping</i>
<i>Dee</i>		5	<i>Sixth</i>
<i>Chung Shim</i>		6	<i>Elbow</i>
<i>Shim Sa Kwan Nim</i>		7	<i>One</i>
<i>Chun Man E O</i>		8	<i>Without the Count</i>
<i>Dwi Ro Tora</i>		9	<i>Basic</i>
<i>Kup So</i>		10	<i>Stand</i>
<i>Hu Jin</i>		11	<i>Side Punch</i>
<i>Kee Ma JaSeh</i>		12	<i>Knee Kick</i>
<i>Ahn Jo</i>		13	<i>One Hundred</i>
<i>E Ru Sut</i>		14	<i>Outside / Inside Kick</i>
<i>JaSeh</i>		15	<i>Middle Side Block</i>
<i>Chun Kul JaSeh</i>		16	<i>Back Snap Kick</i>
<i>Chon Kyung</i>		17	<i>One Step Sparring</i>
<i>Sa Bum Nim E Kyung Yet</i>		18	<i>You're Welcome</i>
<i>Ha Na</i>		19	<i>Meditation</i>
<i>Yuk</i>		20	<i>Spiritual Power</i>
<i>Sip</i>		21	<i>Turn to the rear</i>
<i>Yuk Sip</i>		22	<i>Examiner</i>
<i>Choong Dan Yup Mahk Ki</i>		23	<i>Front Pushing Kick</i>
<i>Ahneso Pahkuro Mahk Ki</i>		24	<i>Abdomen</i>
<i>Yi Dan</i>		25	<i>Rest</i>

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<i>Ahp Mee Ryo Cha Ki</i>		26	<i>Internal Power</i>
<i>Moo Roop Cha Ki</i>		27	<i>Bow or Salute</i>
<i>Sang Dan Kong Kyuck</i>		28	<i>Sit</i>
<i>Choong Dan Hang Jin</i>		29	<i>Focus of Eyes</i>
<i>Pahl Koop Kong Kyuck</i>		30	<i>Front Stance</i>
<i>Pahl Put Ki</i>		31	<i>Master Instructor</i>
<i>Yuk Soo Do</i>		32	<i>Free Fighting</i>
<i>Nak See Cha Ki</i>		33	<i>Tenth</i>
<i>Ko Whan</i>		34	<i>Side Hook Kick</i>
<i>Dan Jun</i>		35	<i>Groin</i>
<i>Il Soo Sik Dae Ryun</i>		36	<i>Sixty</i>
<i>Ko Map Sum Ni Da</i>		37	<i>External Power</i>
<i>Kyung Yet</i>		38	<i>Breaking</i>
<i>Tora</i>		39	<i>Inside/Outside Block</i>
<i>Shio</i>		40	<i>Vital Point</i>
<i>Pal Koop</i>		41	<i>Spear Hand Punch</i>
<i>Cha Yu Dae Ryun</i>		42	<i>Punch exercise</i>
<i>Dwi Cha Ki</i>		43	<i>Bow to the Master Instructor</i>
<i>Phakeso Ahnuro Cha Ki</i>		44	<i>Backward</i>
<i>Kwan Soo Kong Kyuck</i>		45	<i>Return</i>
<i>Ssang Soo Sang Dan Mahk Ki</i>		46	<i>Attack</i>
<i>Set</i>		47	<i>Three</i>
<i>Ku Ryung Up Shi</i>		48	<i>Ridge Hand</i>
<i>Jang Kwon</i>		49	<i>High two hand X Block</i>
<i>Jung Kwon</i>		50	<i>Respect</i>
<i>Ko Dan Ja</i>		51	<i>Elbow Strike</i>
<i>Kyuck Pa</i>		52	<i>Stance</i>
<i>Soo Ki</i>		53	<i>Hand technique</i>
<i>Shim Kong</i>		54	<i>High Punch</i>
<i>Weh Kong</i>		55	<i>Sir or Honorable</i>
<i>Nae Kong</i>		56	<i>Turn</i>
<i>Ba Ro</i>		57	<i>Senior Dan holder</i>
<i>Baek</i>		58	<i>Heel Palm</i>
<i>Muk Yum</i>		59	<i>Fore Fist</i>
<i>Shi Sun</i>		60	<i>Balance</i>

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<b>What are the 7 Tenets of Tang Soo Do?</b>	
62. (1)	
63. (2)	
64. (3)	<b>What are the 3 Principles of Moo Duk Kwan?</b>
65. (4)	69. (1)
66. (5)	70. (2)
68. (7)	71. (3)
	<b>What are the 5 Requisites on Mental Training?</b>
	72. (1)
	73. (2)
	74. (3)
	75. (4)
	76. (5)
<b>What are the 10 Creeds of Moo Duk Kwan?</b>	
82. (1)	77. (6)
83. (2)	78.(7)
84. (3)	79. (8)
85. (4)	80. (9)
86. (5)	81. (10)
87. What is the name of our Art?	
88. What is the name of our Style?	
89. What is the name of your Master Instructor?	
90. What is his Rank?	
91. What is his Dan Number?	

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92. What is the name of your Sr. Instructor?	
93. What is his / her Rank?	
94. What is the Name of your School?	
<b>What are the <u>Names &amp; Dan Numbers</u> of the three Grand Masters in our system / school?</b>	
95. Soo Bahk Do/ Moo Duk Kwan?	
96. World Moo Duk Kwan Tang Soo Do?	
97. American Kwan Tang Soo Do?	
<b>What is the literal translation of the following?</b>	
98. Tang Soo Do	
99. Moo Duk Kwan	
100. Chon Kyung	
<b>On the USA Flag</b>	
101. Number of Stripes?	Red:                  White:                  Total:
102. Number of Stars?	Total:
103. What does the White represent?	
104. What does the Red represent?	
105. What does the Blue represent?	
<b>American Kwan Tang Soo Do Flag</b>	
106. What does the Upper Left represent?	

[Type here]



107. What does the Upper Right represent?	
108. What does the Lower Left represent?	
109. What does the Lower Right Left represent?	
110. What does the Center represent?	
<b>On the South Korean Flag</b>	
111. What does the Blue represent?	
112. What does the White represent?	
113. What does the Red represent?	
114. What is the concept of the line symbols?	
115. What does the center symbol represent?	
	In Korean
116. One / 1st	/
117. Two / 2nd	/
118. Three / 3rd	/
119. Four / 4th	/
120. Five / 5th	/
121. Six / 6th	/
122. Seven / 7th	/
123. Eight / 8th	/
124. Nine / 9th	/
125. Ten / 10th	/

[Type here]

<b>In the Moo Duk Kwan Emblem what does the following represent?</b>	
126. The Fist?	
127. The Six Seeds?	
128. The Character in the center?	
<b>In the Sebastian Karate Moo Duk Kwan Patch what does the following represent?</b>	
129. The Red and Blue center circle?	
130. The Tiger?	
131. The Dragon?	
132. The two Black Belts in the center?	
133. The Red, White and Blue of the patch?	
134. Mind, Body, Spirit, Speed, Harmony & Grace?	
135. The Red, Navy Blue and Gold?	
136. What is the name of your DoJang?	
137. What does the Navy Blue /Black Belt represent?	
138. What is the purpose of Tang Soo Do training?	
139. What is the meaning of “Yu Dan Ja”?	
140. What is the name of our Federation?	
141. Who is the Grandmaster?	
142. What is his Dan number?	
143. What year was the Federation founded?	

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144. Soo Do	<b>In English</b>
145. Jang Kwon	
146. Kap Kwan	
147. Kwon Soo	
148. Jung Kwan	
149. Kwon Do	
150. Ha Dan Mahk Ki, Sang Dan Mahk Ki, Teul Oh choong Dan Kong Kyuck, Hu Kul Ja She.	
151. Phakeso Ahnuro Cha Ki, Dwi Tollyo Cha Ki, Yup Cha Ki, Chun Kul JaSeh.	
152. Choong Dan Ssang Soo Mahk Ki, Ssang Soo Ha Dan Mahk Ki, Ssang Soo Sang Dan Mahk Ki, Chun Kul Ja She.	
153. Hu Jin	
154. Dwi Ro Tora	
155. Yi Dan (E-Dan)	
156. Pahl Koop Kong Kyuck	
157. Bong Hyung	
158. Kee Cho	
159. Nak See Cha Ki	
<b>What is the name of the three Kingdoms?</b>	<b>What year was each founded?</b>
160.	161.
162.	163.
164.	165.

[Type here]

166. The very first complete martial arts book was written in what year? \_\_\_\_\_

167. What was it called? \_\_\_\_\_

168. What year was Tae Kwon Do united into one organization? \_\_\_\_\_

**True or False**

169. \_\_\_\_\_ Among the three kingdoms, the Silla Dynasty was most famous for its development of the martial arts.

170. \_\_\_\_\_ The ten creeds of Moo Duk Kwan Tang Soo Do, originated by Won Kwang, a monk as part of their spiritual heritage.

171. \_\_\_\_\_ The Silla Kingdom was overthrown by a warlord, Wang Kun, in 918 BC.

172. \_\_\_\_\_ The occupation of Korea by the Japanese military regime took place from 1909 to 1946.

173. \_\_\_\_\_ Tang Soo Do is a national sport in Korean.

174. \_\_\_\_\_ Grandmaster Hwang Kee, founded the art of Do Moo Duk Kwan on November 9, 1914.

175. \_\_\_\_\_ The development period for Moo Duk Kwan was 1945 to 1960.

176. \_\_\_\_\_ The Founder of the World Moo Duk Kwan Tang Soo Do Federation Was Grandmaster Jae Joon Kim.

177. \_\_\_\_\_ Grandmasters Dan number was 38.

178. \_\_\_\_\_ Grandmaster Jae Joon Kim earned his black belt from Grandmaster Saffold.

179. \_\_\_\_\_ The American Kwan Tang Soo Do Federation was founded in 2007.

180. \_\_\_\_\_ The Dan Jun is a Black Belt.

181. \_\_\_\_\_ Chon Kyung is respect.

182. \_\_\_\_\_ Shi Sun is focus of internal power.

183. \_\_\_\_\_ Ku Ryung Up Shi is with the count.

184. \_\_\_\_\_ Bassai Hyung has 48 movements, including Choon Bee.

185. \_\_\_\_\_ Yu Dan Ja is a junior navy blue belt.

186. \_\_\_\_\_ It is okay to address your instructor by his or her first name.

187. \_\_\_\_\_ When moving around others who are in line or working together, always walk behind them

[Type here]



188. \_\_\_\_\_ It is okay for students to teach or correct one another on matters of technique.
189. \_\_\_\_\_ Outside of the Dojang and you encounter your instructor in a public place, Dojang protocol is not used
190. \_\_\_\_\_ It is approved to wear your DoBok and Dee outside of the DoJang to play, dinner or for Halloween.
191. \_\_\_\_\_ Before the beginning of class, you always bow to the senior Dan on the floor.
192. \_\_\_\_\_ When you are late getting to class, it is okay to jump inline as soon as you get to the DoJang.
193. \_\_\_\_\_ Coming in and out of the DoJang, as long as the instructor is not looking, no need for you to bow.
194. \_\_\_\_\_ Grandmaster Saffold earned his black belt from Grandmaster Jae Joon Kim in 1966.
195. \_\_\_\_\_ The Dan Jun is a Black Belt.
196. \_\_\_\_\_ Ku Ryung Up Shi is with the count
197. \_\_\_\_\_ Yu Dan Ja is a junior navy blue belt
198. \_\_\_\_\_ When moving away from instructors, examiners or judges it is okay to turn your back to them when you are done.
199. \_\_\_\_\_ It is approved to lean against a wall or set in a lounging position when you have been asked by your instructor to set down while he/she works with other students.
200. \_\_\_\_\_ When adjusting your uniform, always turn to do so.
201. \_\_\_\_\_ Chuck Norris is a Black Belt in Tang Soo Do.

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**What are the 14 attitude requirements of Tang Soo Do?**

202.(1)	203.(2)
204.(3)	205.(4)
206.(5)	207.(6)
208.(7)	209.(8)
210.(9)	211.(10)
212.(11)	213.(12)
214.(13)	215.(14)

**What are the 10 Points of Emphasis on Physical Development?**

216.(1)	217.(2)
218.(3)	219.(4)
220.(5)	221.(6)
222.(7)	223.(8)
224.(9)	225.(10)

[Type here]

<b>Number of movements in each of the following without Choon Bee.</b>	
226. Kee Cho Hyung IL Bu	227. Kee Cho Hyung E Bu
226. Kee Cho Hyung Sam Bu	229. Kwan Hyung IL Bu
230. Kwan Hyung E Bu	231. Kwan Hyung Sam Bu
233. Pyung Ahn Cho Dan	234. Pyung Ahn E Dan
235. Pyung Ahn Sam Dan	236. Pyung Ahn Sa Dan
237. Pyung Ahn O Dan	238. Bassai
239. Bong Hyung Il Bu	240. Bong Hyung E Bu

**The Eight Directions of Escape are:**

241.	242.	243.	244.
245.	246.	247.	248.

**What are the two aspects of a Ki Hap?**

249.	250.
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**What are the 10 points of Emphasis on Mental Training?**

251.	252.
253.	254.
255.	256.
257.	258.
259.	260.

[Type here]

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**Name the areas of the foot that you strike with?**

261.	262.
263.	264.
265.	266.

267. What does the White / Yellow belts represent?
268. What does the Orange / Purple belts represent?
269. What does the Green belt represent?
270. What does the Red belt represent?
271. What does the Navy Blue belt represent?

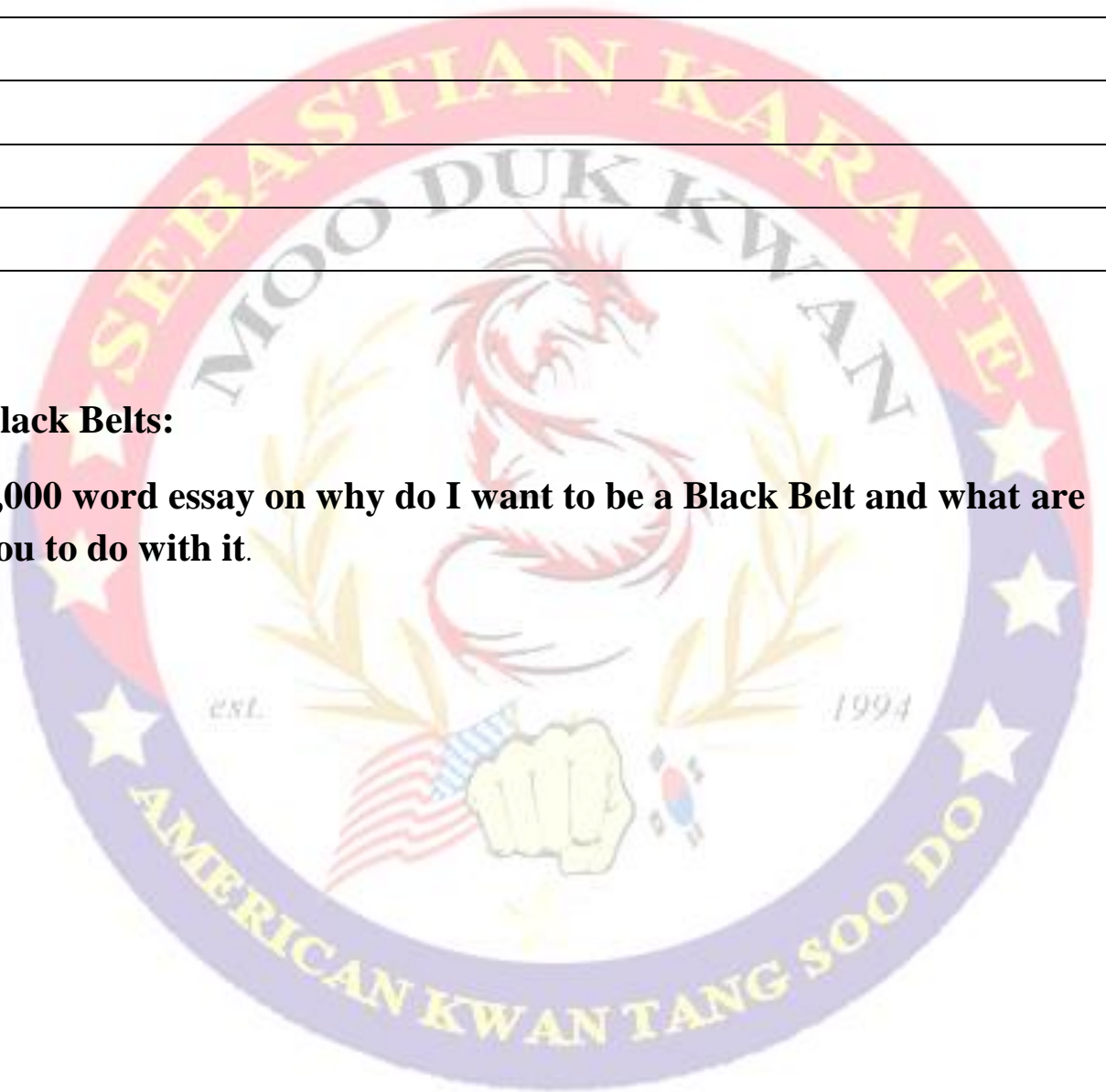
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**Black Belts:**

**2,000 word essay on why do I want to be a Black Belt and what are you to do with it.**



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