



Middleburg Martial Arts

2360 Blanding Blvd.
Middleburg, FL 32068
904-291-1335

GREEN BELT (5th Gup Test) Child Version

MiddleburgMartialArts.com

NAME _____ DATE _____

1. Fill in the blanks

- 1) Purpose of training should be enhancement of _____ and _____ betterment.
- 2) _____ approach.
- 3) All out _____
- 4) Maintain _____ and _____ practice.
- 5) Practice _____ all the time.
- 6) Regularly spaced _____ sessions.
- 7) Always _____ to and _____ the direction of _____ or seniors.
- 8) Do not be overly _____
- 9) _____ inspect your own achievements.
- 10) Always follow a _____ training schedule.
- 11) _____ practice all techniques already _____
- 12) When you learn new techniques, learn thoroughly the _____ and _____ as well.
- 13) When you begin to feel _____, try to _____ this.
- 14) _____ is required after training. Keep _____ and your _____ clean.

2. What do the following **Korean terms** mean?

- Kwan Chang Nim _____
- Do Bohk _____
- Do Jang _____
- Pyung Ahn _____



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3. What is the **meaning of Tang Soo Do**?

4. How **old** is Tang Soo Do?

5. Describe the **philosophy behind the color of green belt**.

6. Explain the **Um and Yang Principle**.

7. What do the **6 stars on the World Tang Soo Do Association flag** represent?

8. What does the **belt** represent on the flag?

9. What **move** is the man on the flag doing and what does it represent?

10. List **ten major vital points**.

11. Explain why we **Ki Hap**.

12. Why do students have to **bow to the instructors**?