



Middleburg Martial Arts

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

MiddleburgMartialArts.com

BLUE BELT (Cho Dan Bo)

NAME _____ DATE _____

1. Name five (5) vital points.

- a) _____
- b) _____
- c) _____
- d) _____
- e) _____

2. What is the meaning of the red belt?

- a) Blood, life, energy, attention and control. Power and techniques begin to bloom and ripen.
- b) Blood, life energy, attention, weight and wisdom. The plants that curtail their Growth and prepare to flower in the late summer,
- c) Mastery, respect, calmness, dignity and blood. Prepare mind & body for final step.

3. What is the meaning of the blue belt?

4. What does Jang Kwon mean?

- a) Back Fist
- b) Fore Fist
- c) Heel Palm
- d) Front Punch

5. Name three (3) blocks in Korean.

- a) _____
- b) _____
- c) _____

6. What does Ssang Soo Sang Dan Mahk Ki mean?

- a) High Block, Fighting Stance
- b) Low two hand X block
- c) two hand X block
- d) Low Block, Front kick



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7. How many moves are in Bassai?
 - a) 60
 - b) 53
 - c) 52
 - d) 32
8. What is the National Flag called?
 - a) Kukgi
 - b) Hon Sin Sul
 - c) Weh Kong
 - d) Il Soo Sik
9. What is Grandmaster's degree of black belt?
 - a) 7th Dan
 - b) 6th Dan
 - c) 5th Dan
 - d) 8th Dan
10. How old is Tang Soo Do?
 - a) 3000 years
 - b) 1500 years
 - c) 2000 years
 - d) 4000 years
11. What year was Grandmaster Shin born?
 - a) 1942
 - b) 1935
 - c) 1926
 - d) 1936
12. What year was the Silla Dynasty founded?
 - a) 47 B.C.
 - b) 37 B.C.
 - c) 57 B.C.
 - d) 57 A.D.
13. In what year did the Silla Dynasty unite the three (3) kingdoms?
 - a) 668 A.D.
 - b) 548 A.D.
 - c) 546 A.D.
 - d) A.D.
14. Who is the major group who developed martial arts?
 - a) Oga Haw Dan
 - b) Hwa Rang Dan
 - c) Muk Dun Whan
 - d) Koguryo
15. What is the 17th move in Bassai?
 - a) Choong Dan Soo Do Mahk Ki
 - b) Ha Dan Soo Do Mahk Ki
 - c) Sang Dan Soo Do Mahk Ki
 - d) Ssang Soo Sang Dan Mahk Ki



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16. What is the responsibility of being a Blue Belt?

17. What is the 8th attitude requirement and what does it mean?

18. What continent is Tang Soo Do not practiced in?
 - a) North America
 - b) South America
 - c) Australia
 - d) Antarctica

19. What other Martial Art did Tang Soo Do separate from?
 - a) Karate
 - b) Kempo
 - c) Hapkido
 - d) Tae Kwon Do

20. Name four (4) things that you can do to help the Dojang and lower ranking belts.
 - a) _____
 - b) _____
 - c) _____
 - d) _____

21. Where was Grandmaster Shin's first Dojang located?
 - a) Orlando, FL
 - b) Los Angeles, CA
 - c) Philadelphia, PA
 - d) Burlington, NJ

22. As a blue belt, you are allowed to wear black pants in class?
 - a) True
 - b) False