

# WTSDA Cho Dan Practice Exam (Sample)

## Study Guide



**Everything you need from our exam experts!**

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# Introduction

Preparing for a certification exam can feel overwhelming, but with the right tools, it becomes an opportunity to build confidence, sharpen your skills, and move one step closer to your goals. At Examzify, we believe that effective exam preparation isn't just about memorization, it's about understanding the material, identifying knowledge gaps, and building the test-taking strategies that lead to success.

This guide was designed to help you do exactly that.

Whether you're preparing for a licensing exam, professional certification, or entry-level qualification, this book offers structured practice to reinforce key concepts. You'll find a wide range of multiple-choice questions, each followed by clear explanations to help you understand not just the right answer, but why it's correct.

The content in this guide is based on real-world exam objectives and aligned with the types of questions and topics commonly found on official tests. It's ideal for learners who want to:

- Practice answering questions under realistic conditions,
- Improve accuracy and speed,
- Review explanations to strengthen weak areas, and
- Approach the exam with greater confidence.

We recommend using this book not as a stand-alone study tool, but alongside other resources like flashcards, textbooks, or hands-on training. For best results, we recommend working through each question, reflecting on the explanation provided, and revisiting the topics that challenge you most.

**Remember:** successful test preparation isn't about getting every question right the first time, it's about learning from your mistakes and improving over time. Stay focused, trust the process, and know that every page you turn brings you closer to success.

Let's begin.

# How to Use This Guide

**This guide is designed to help you study more effectively and approach your exam with confidence. Whether you're reviewing for the first time or doing a final refresh, here's how to get the most out of your Examzify study guide:**

## **1. Start with a Diagnostic Review**

**Skim through the questions to get a sense of what you know and what you need to focus on. Your goal is to identify knowledge gaps early.**

## **2. Study in Short, Focused Sessions**

**Break your study time into manageable blocks (e.g. 30 - 45 minutes). Review a handful of questions, reflect on the explanations.**

## **3. Learn from the Explanations**

**After answering a question, always read the explanation, even if you got it right. It reinforces key points, corrects misunderstandings, and teaches subtle distinctions between similar answers.**

## **4. Track Your Progress**

**Use bookmarks or notes (if reading digitally) to mark difficult questions. Revisit these regularly and track improvements over time.**

## **5. Simulate the Real Exam**

**Once you're comfortable, try taking a full set of questions without pausing. Set a timer and simulate test-day conditions to build confidence and time management skills.**

## **6. Repeat and Review**

**Don't just study once, repetition builds retention. Re-attempt questions after a few days and revisit explanations to reinforce learning. Pair this guide with other Examzify tools like flashcards, and digital practice tests to strengthen your preparation across formats.**

**There's no single right way to study, but consistent, thoughtful effort always wins. Use this guide flexibly, adapt the tips above to fit your pace and learning style. You've got this!**

## Questions

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- 1. When was Grandmaster Shin recruited into the Korean Air Force to teach American soldiers?**
  - A. 1958**
  - B. 1956**
  - C. 1959**
  - D. 1957**
  
- 2. Name the four primary kicking techniques drilled at Cho Dan level.**
  - A. Front kick, roundhouse kick, side kick, back kick**
  - B. Front kick, back kick, side kick, roundhouse kick**
  - C. Front kick, roundhouse kick, crescent kick, back kick**
  - D. Front kick, side kick, back kick, axe kick**
  
- 3. The belt on the dobohk is called a:**
  - A. Sash**
  - B. Dee**
  - C. Belt**
  - D. Obi**
  
- 4. "Cho Bo Ja" is the Korean term for:**
  - A. Master**
  - B. Beginner**
  - C. Instructor**
  - D. Student**
  
- 5. Choong Dan Yup Mahk Ki means?**
  - A. Side Defense**
  - B. Front Kick**
  - C. Low Block**
  - D. High Block**
  
- 6. The Korean term for 'breaking' is:**
  - A. Kyung Pa**
  - B. Kyuck Pa**
  - C. Kyuck Pu**
  - D. Kyuck Ba**

- 7. Which dynasty followed Silla in 918 AD?**
- A. Goguryeo**
  - B. Balhae**
  - C. Joseon**
  - D. Koryo**
- 8. Which belt color is linked to maturity, respect, and honor?**
- A. Blue**
  - B. Dark Blue**
  - C. White**
  - D. Red**
- 9. What does Kyung Rae signify in training?**
- A. A bow performed to show respect to instructors, peers, and the art.**
  - B. A handshake greeting used at the start of class.**
  - C. A salute to the national flag.**
  - D. A shout to begin the drill.**
- 10. Which of the following is the correct romanization for the Korean term meaning 'Neck'?**
- A. Meok**
  - B. Mok**
  - C. Mak**
  - D. Mokh**

## Answers

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1. A
2. A
3. B
4. B
5. A
6. B
7. D
8. B
9. A
10. B

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## **Explanations**

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**1. When was Grandmaster Shin recruited into the Korean Air Force to teach American soldiers?**

- A. 1958**
- B. 1956**
- C. 1959**
- D. 1957**

The event hinges on a late-1950s timeline when South Korean military programs began bringing qualified martial artists to train allied troops stationed in Korea. Grandmaster Shin was brought into the Korean Air Force specifically to teach American soldiers, and 1958 is the year most biographical timelines place that recruitment. The other years don't align with the documented moment this instruction arrangement began, since they would place the recruitment too early or too late relative to when this particular program started.

**2. Name the four primary kicking techniques drilled at Cho Dan level.**

- A. Front kick, roundhouse kick, side kick, back kick**
- B. Front kick, back kick, side kick, roundhouse kick**
- C. Front kick, roundhouse kick, crescent kick, back kick**
- D. Front kick, side kick, back kick, axe kick**

The main idea is that Cho Dan level centers on four foundational kicks that cover straight, circular, lateral, and backward lines of attack. These four kicks build the core mechanics you'll rely on in patterns, sparring, and self-defense. The front kick teaches a direct, linear thrust using the ball of the foot, with a tight chamber and quick recovery, helping you control distance and set up follow-up moves. The roundhouse kick introduces a circular path to reach targets to the side or above, emphasizing hip rotation, balance, and a sharp snap. The side kick delivers a strong, straight push to the side, relying on proper stance, hip alignment, and a long, powerful line of attack. The back kick provides a rearward thrust, often surprising an opponent, and develops hip rotation, weight transfer, and accurate use of the heel. Crescent kick and axe kick may appear later or in more specialized training, but they aren't the primary four at Cho Dan level because they require additional flexibility, timing, and situational use beyond the foundational set.

**3. The belt on the dobohk is called a:**

- A. Sash**
- B. Dee**
- C. Belt**
- D. Obi**

In Taekwondo terminology, the uniform is called a dobok, and the belt that ties around it is called a dee. This Korean term is the standard vocabulary used in WTSDA and reflects the language of the style. The belt not only secures the jacket but also indicates rank through its color. Terms like sash or obi come from other martial arts or languages and aren't used here, while "belt" is a generic word that doesn't capture the specific term used in this tradition. So the belt on the dobok is called a dee.

**4. "Cho Bo Ja" is the Korean term for:**

- A. Master
- B. Beginner**
- C. Instructor
- D. Student

Cho Bo Ja is the Korean term for a beginner or novice. In martial arts dojangs, it labels someone who is new to training and just starting out, before advancing through the ranks. It isn't used for masters or instructors, which have separate terms, and while a student can be any learner, this phrase specifically denotes the starting level. So it corresponds to beginner.

**5. Choong Dan Yup Mahk Ki means?**

- A. Side Defense**
- B. Front Kick
- C. Low Block
- D. High Block

Choong Dan Yup Mahk Ki describes a mid-level side block. Choong Dan means the mid-torso area (the body around the solar plexus), Yup indicates the side direction, and Mak Ki is the block. Put together, it's a mid-height side defense using the forearm to deflect an attack coming from the side, protecting the torso. This is distinct from a high block or a low block, and it's not a kick—the motion is a block aimed at the midsection from the side, with the forearm guiding the force away from you.

**6. The Korean term for 'breaking' is:**

- A. Kyung Pa
- B. Kyuck Pa**
- C. Kyuck Pu
- D. Kyuck Ba

Breaking in Tang Soo Do is called 깎기, pronounced kyuk-pa. 깎 conveys the idea of breaking or cracking apart, and 파 means to split or smash. Put together, they specifically refer to the act of breaking boards or other material in a martial arts setting. The romanization Kyuck Pa matches this Korean term. The other spellings don't represent the same two Korean syllables and thus aren't used for the breaking action in martial arts contexts.

## 7. Which dynasty followed Silla in 918 AD?

- A. Goguryeo
- B. Balhae
- C. Joseon
- D. Koryo**

After Silla's power faded, a new dynasty rose in 918 when Wang Geon established Goryeo, the ruling house that would govern the Korean peninsula and give Korea its later name. This makes Goryeo the correct answer. Goguryeo existed long before Silla as one of the earlier Korean kingdoms and had already fallen; Balhae was a contemporary northern state but not the successor to Silla; Joseon came much later, in 1392. The name Koryo is simply another spelling of Goryeo, the same dynasty.

## 8. Which belt color is linked to maturity, respect, and honor?

- A. Blue
- B. Dark Blue**
- C. White
- D. Red

In this belt system, colors symbolize a student's growth in character as they train. Dark blue specifically stands for maturity, respect, and honor because it marks a stage where a student has moved beyond technique and is genuinely embodying disciplined behavior, reverence for instructors and fellow students, and integrity in and out of the dojang. It signals that responsibility, humility, and ethical conduct are now a central part of their practice, not just their skill. White represents starting purity and potential, while blue can indicate progress and learning, but not the same depth of character. Red tends to emphasize power or caution and is tied more to advanced intensity or emphasis rather than the precise qualities of maturity and honor.

## 9. What does Kyung Rae signify in training?

- A. A bow performed to show respect to instructors, peers, and the art.**
- B. A handshake greeting used at the start of class.
- C. A salute to the national flag.
- D. A shout to begin the drill.

Kyung Rae is the bow used to show respect to instructors, fellow students, and the art itself. It's a traditional gesture that embodies courtesy, humility, and discipline, helping to set the tone of training. You perform it when entering the dojang, before and after instruction, and whenever showing appreciation for the teachings, recognizing the effort and lineage behind the techniques. It isn't a handshake, a flag salute, or a shout to begin, but a direct expression of respect for people and the art.

**10. Which of the following is the correct romanization for the Korean term meaning 'Neck'?**

- A. Meok**
- B. Mok**
- C. Mak**
- D. Mokh**

This tests how Hangul syllables map to Roman letters. The syllable **목** is made of the initial **ㅁ** (m), the vowel **ㅊ** (o), and the final **ㄱ** (k). In the standard romanization, that becomes mok. The other options use different vowels or consonants that correspond to other syllables (for example, **ㅁ** would yield meok, **ㅊ** would yield mak, and adding an extra final like **ㅁ** isn't the same syllable). So mok is the correct rendering.

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## Next Steps

**Congratulations on reaching the final section of this guide. You've taken a meaningful step toward passing your certification exam and advancing your career.**

**As you continue preparing, remember that consistent practice, review, and self-reflection are key to success. Make time to revisit difficult topics, simulate exam conditions, and track your progress along the way.**

**If you need help, have suggestions, or want to share feedback, we'd love to hear from you. Reach out to our team at [hello@examzify.com](mailto:hello@examzify.com).**

**Or visit your dedicated course page for more study tools and resources:**

**<https://wtsdachodan.examzify.com>**

**We wish you the very best on your exam journey. You've got this!**

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