

WTSDA CHO DAN PRACTICE EXAM (SAMPLE)

STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

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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. 57 BC founding year is associated with which dynasty?**
 - A. Paekche
 - B. Koguryo
 - C. Dobohk
 - D. Silla

- 2. What are two key elements to demonstrate in any hyung performance?**
 - A. Speed and aggressiveness.
 - B. Proper technique and consistent rhythm (timing), plus stable stances.
 - C. Flashy footwork only.
 - D. Memorization of steps without rhythm.

- 3. How should breathing be coordinated with technique during hyung?**
 - A. Breathe in during preparation or chamber, out during execution, maintaining a steady cadence.
 - B. Breathe out during preparation, in during execution.
 - C. Hold breath during execution.
 - D. Breathing order does not matter.

- 4. Choong Dan Hang Jin is the Korean term for:**
 - A. Front Kick
 - B. Side Punch
 - C. Back Fist
 - D. Knife Hand

- 5. Pyung Ahn E Dan contains how many moves?**
 - A. 26
 - B. 27
 - C. 28
 - D. 29

- 6. What is the role of conditioning and warm-up before training?**
 - A. To prepare the body for movement only
 - B. To prevent injuries, improve flexibility, and prepare the body for movement
 - C. To slow down the session
 - D. To memorize the routine

- 7. Which of the following is the Korean term for 'Round House Kick'?**
- A. Round House Kick
 - B. Side Kick
 - C. Axe Kick
 - D. Tollyo Cha Ki
- 8. What is the Korean term for 'Self-defense'?**
- A. Ho Sin Sul
 - B. Ho Shin Sul
 - C. Kyum Son
 - D. Ho Sun Sul
- 9. How should you check your footwear, uniform, and gear before training?**
- A. Check only the uniform color
 - B. Put on extra layers for warmth
 - C. Ensure laces are tied, uniform is secure, and protective gear is in place and properly fitted
 - D. Wear gloves and rely on it
- 10. Which two Korean terms are associated with the number five?**
- A. Oh
 - B. Tasot
 - C. Net
 - D. Oh and Tasot

Answers

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

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Explanations

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1. 57 BC founding year is associated with which dynasty?

- A. Paekche
- B. Koguryo
- C. Dobohk
- D. Silla**

The year 57 BCE is tied to the founding of Silla. In Korean history, Silla is traditionally said to have been founded in 57 BCE by Park Hyeokgeose, making that date the common anchor for its origin. By contrast, Goguryeo is usually dated to around 37 BCE and Baekje to around 18 BCE, so those years don't match 57 BCE. A name like Dobohk isn't a recognized dynasty from this period, so it's a distractor.

2. What are two key elements to demonstrate in any hyung performance?

- A. Speed and aggressiveness.
- B. Proper technique and consistent rhythm (timing), plus stable stances.**
- C. Flashy footwork only.
- D. Memorization of steps without rhythm.

In a hyung performance, the focus is on control: demonstrated through precise technique and steady timing, supported by stable stances. Proper technique means each movement is executed with correct form, alignment, and targets, so blocks, strikes, and transitions are clean and reliable. Consistent rhythm (timing) ties the movements together with a smooth, practiced pace and coordinated breathing, giving the form a disciplined flow rather than a disjointed sequence. Stable stances provide a solid base for balance and power transfer, helping you stay grounded through every movement and transition. This combination shows true mastery because it emphasizes accuracy, continuity, and balance. Speed or aggression alone can sacrifice form; flashy footwork might look impressive but doesn't guarantee proper technique or rhythm; memorizing steps without keeping a steady tempo misses the flow and control that define a solid hyung.

3. How should breathing be coordinated with technique during hyung?

- A. Breathe in during preparation or chamber, out during execution, maintaining a steady cadence.**
- B. Breathe out during preparation, in during execution.
- C. Hold breath during execution.
- D. Breathing order does not matter.

Coordinating breath with hyung movements keeps the body stable, timing precise, and power controlled. Inhale during the preparation and chamber phase, letting air fill the lungs as you set your stance, align your hips, and ready the technique. Then exhale during the execution phase—as you drive the strike or block—so the breath supports the core, helps generate and transmit power, and keeps the movement aligned with your hips and shoulders. A steady cadence prevents rushing and helps you transition smoothly from one technique to the next. Breathing out during preparation would shorten the load you need to produce the move, while breathing in during execution disrupts the timing and core engagement. Holding the breath during execution locks up the body and reduces control. So, inhale on setup, exhale on execution, and keep a calm, even rhythm throughout the form.

4. Choong Dan Hang Jin is the Korean term for:

- A. Front Kick
- B. Side Punch**
- C. Back Fist
- D. Knife Hand

Choong Dan Hang Jin points to a midsection punching technique. Choong Dan means the center or midsection target, while Hang Jin refers to a punching action using a fist aimed along the center line. Put together, this term describes a punch delivered to the midsection with the hand moving along the center line, typically executed with a horizontal fist orientation to maximize power from hip and torso rotation. This is why it's identified as a side-style midsection punch: it's a straight, power-driven strike aimed at the torso from the side of the body, not a kick, a backfist, or a knife-hand.

5. Pyung Ahn E Dan contains how many moves?

- A. 26
- B. 27
- C. 28
- D. 29**

The number of moves in Pyung Ahn Ee Dan comes from counting every distinct technique and transition from start to finish. When you tally each block, strike, kick, and stance change as its own move, you end up with 29 movements for this form. This is the standard counting method used in WTSDA practice, providing a consistent length for evaluation and study. Some sources count differently by grouping adjacent actions or omitting minor transitions, which is why other numbers appear, but they don't align with the established curriculum for this form.

6. What is the role of conditioning and warm-up before training?

- A. To prepare the body for movement only
- B. To prevent injuries, improve flexibility, and prepare the body for movement**
- C. To slow down the session
- D. To memorize the routine

A warm-up and conditioning prime the body for what's to come by slowly increasing heart rate, warming tissues, and preparing the joints and nervous system for movement. This readiness helps prevent injuries, improves flexibility and range of motion, and enhances neuromuscular coordination so you can execute techniques more safely and effectively. In practice, a good warm-up includes light cardiovascular work to raise core temperature, dynamic mobility to loosen joints, and movement patterns that mirror the upcoming drills, which is especially important in martial arts where precise, fluid technique matters. It also helps with mental focus, so you're more present and ready to perform. So the best choice reflects all three aspects: injury prevention, improved flexibility, and preparation for movement. The other ideas don't capture the full purpose—warming up isn't about slowing the session or memorizing routines, and it does more than just prepare the body for movement.

7. Which of the following is the Korean term for 'Round House Kick'?

- A. Round House Kick
- B. Side Kick
- C. Axe Kick
- D. Tollyo Cha Ki**

In Taekwondo, kicks are named by combining a motion descriptor with Cha Ki, meaning kick. The roundhouse kick is referred to in Korean as Tollyo Cha Ki, literally describing a turning or circular kick. This is the standard term you'll hear in training, forms, and tests, even though you might also see the spelling Dollyo Chagi in some texts. The other names are general or refer to different techniques (a side kick or an axe-style kick), so they don't use the Korean term for the roundhouse kick.

8. What is the Korean term for 'Self-defense'?

- A. Ho Sin Sul**
- B. Ho Shin Sul
- C. Kyum Son
- D. Ho Sun Sul

Self-defense in Korean martial arts is called Ho Sin Sul. Ho () means to defend or protect; Sin () relates to the body or oneself; Sul () means technique or art. Together, Ho Sin Sul refers to techniques for defending the body, i.e., self-defense techniques. This spelling is the standard term used in WTSDA materials and typical Taekwondo terminology, which is why it's the best choice. The other spellings either mix up the syllables or use different romanization, so they don't represent the conventional term.

9. How should you check your footwear, uniform, and gear before training?

- A. Check only the uniform color
- B. Put on extra layers for warmth
- C. Ensure laces are tied, uniform is secure, and protective gear is in place and properly fitted**
- D. Wear gloves and rely on it

Before training, perform a thorough check of footwear, uniform, and protective gear to reduce injury risk and ensure you can move safely. Start with footwear: make sure laces are tied securely and the shoes are in good condition, providing solid grip and ankle support. A secure fit keeps you from tripping or slipping during drills. Next, check the uniform: it should be snug enough to stay in place and not snag on equipment or training partners, while still allowing full range of motion. Loose clothing can distract you or catch on things during movements. Finally, inspect protective gear: all pads, gloves, mouthguard, and other equipment should be in place and properly fitted so they stay protective without restricting breathing or movement. This combo minimizes shifts or distractions as you move, keeping you safe and able to perform at your best. The other options don't address the full safety check. Simply checking uniform color doesn't impact safety, adding extra warmth layers isn't a universal safety check and could impede movement, and wearing gloves while assuming everything else is fine doesn't ensure gear and fit are correct.

10. Which two Korean terms are associated with the number five?

- A. Oh
- B. Tasot
- C. Net
- D. Oh and Tasot**

In Korean counting, there are two common systems, and the number five is expressed in both. In the Sino-Korean system, five is pronounced oh. In the native Korean system, five is tasot (from 오). The best answer reflects that both terms are used to indicate the number five in different counting traditions, which is why oh and tasot together are associated with the number five. The other term doesn't correspond to five in these counting systems, so it isn't linked to the number.

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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.

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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