WTSDA CHO DAN PRACTICE EXAM (SAMPLE)

STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

VISIT US ONLINE FOR THE FULL VERSION STUDY GUIDE

https://wtsdachodan.examzify.com

Copyright © 2026 by Examzify - A Kaluba Technologies Inc. product.

ALL RIGHTS RESERVED.

No part of this book may be reproduced or transferred in any form or by any means, graphic, electronic, or mechanical, including photocopying, recording, web distribution, taping, or by any information storage retrieval system, without the written permission of the author.

Notice: Examzify makes every reasonable effort to obtain accurate, complete, and timely information about this product from reliable sources.

SAMPLE

Table of Contents

Copyright 1
Table of Contents 2
Introduction 3
How to Use This Guide 4
Questions 5
Answers 8
Explanations 10
Next Steps 15

SAMPLE

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.

SAMPLE

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!

SAMPLE

Questions

SAMPLE

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

A. Paekche

B. Koguryo

C. Dobohk

D. Silla

2. Name three basic stances used in Cho Dan training.

A. Front stance, horse stance, and back stance.

B. Front stance, back stance, bow stance.

C. Horse stance, cat stance, back stance.

D. Front stance, horse stance, high stance.

3. "Cho Bo Ja" is the Korean term for:

A. Master

B. Beginner

C. Instructor

D. Student

4. Which target areas should you protect with a guard when performing basic techniques?

A. Arms and legs.

B. Head, torso, and hips.

C. Feet only.

D. Shoulders and neck.

5. How can you improve balance during slow-motion practice of a technique?

A. Maintain deliberate weight transfer, long line of energy, and precise hip/foot alignment

B. Increase speed to challenge balance

C. Keep feet together and hands by hips

D. Close eyes to feel balance

SAMPLE

6. Why is etiquette important when entering dojang?

A. It is optional and can be ignored if busy.

B. It shows respect to instructors, peers, and the art; sets the correct training mindset.

C. It is mainly about performance goals.

D. It guarantees winning.

7. What is the correct posture for a ready stance in training?

A. Feet together, knees locked, spine rounded, hands at sides, eyes down

B. Feet shoulder-width apart, knees slightly bent, spine tall, hands up in guard, eyes forward

C. One foot forward, knees bent, chest forward, hands on hips

D. Feet wide apart, legs straight, arms crossed, eyes forward

8. Which term refers to the foot technique in Korean martial arts vocabulary?

A. Jok Ki

B. Kee Ma Ja Seh

C. Il and Hana

D. Ko Hwan

9. The Korean term for Begin is:

A. Shi Ji

B. Ki Cho

C. Shi Jak

D. Shi San

10. Which dynasty followed Silla in 918 AD?

A. Goguryeo

B. Balhae

C. Joseon

D. Koryo

SAMPLE

Answers

SAMPLE

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

SAMPLE

Explanations

SAMPLE

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. Name three basic stances used in Cho Dan training.

A. Front stance, horse stance, and back stance.

B. Front stance, back stance, bow stance.

C. Horse stance, cat stance, back stance.

D. Front stance, horse stance, high stance.

The main idea here is recognizing the foundational stances that Build stability, alignment, and power for Cho Dan training. The three basic stances you learn first are front stance, horse stance, and back stance. Front stance is a long, forward-weighted stance that sets you up to drive power straight ahead and maintain a strong forward push. Horse stance is a wide, low stance with a broad base and even weight distribution, which builds leg strength and steady, square alignment for blocks and transitions. Back stance is a shorter, angled stance with more weight on the back leg, useful for recovering, shifting weight, and delivering technique from a stable, angled position. Other stances mentioned in some systems—like narrower or differently named variations—aren't treated as the standard trio for Cho Dan beginners, so they aren't listed as the basic three in this context.

3. "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.

SAMPLE

4. Which target areas should you protect with a guard when performing basic techniques?

A. Arms and legs.

B. Head, torso, and hips.

C. Feet only.

D. Shoulders and neck.

Protecting the head, torso, and hips with a guard is essential because these regions are the most vulnerable during basic techniques and are where serious damage or loss of balance can occur. Keeping the guard up over the head helps prevent injuries to the brain and face; guarding the torso protects vital organs and stabilizes your stance during punches and kicks; shielding the hips maintains balance and protects the central connection to the legs. Guarding only the feet misses the upper and central targets, while guarding just the shoulders and neck leaves the chest, abdomen, and hips exposed. Guarding head, torso, and hips gives comprehensive protection for safe and effective practice.

5. How can you improve balance during slow-motion practice of a technique?

A. Maintain deliberate weight transfer, long line of energy, and precise hip/foot alignment

B. Increase speed to challenge balance

C. Keep feet together and hands by hips

D. Close eyes to feel balance

In slow-motion practice, balance comes from three integrated elements: controlled weight transfer, a steady long line of energy, and precise hip and foot alignment. Deliberate weight transfer means moving your weight smoothly from one foot to the other rather than letting it lurch or wobble, which keeps you centered. A long line of energy helps you connect your movement through a straight, continuous path from center outward, so your posture stays stable and grounded. Precise hip and foot alignment ensures your joints are stacked and grounded correctly, giving you a solid base to maintain balance as you execute the technique slowly. Rushing to higher speed makes it harder to sense and correct tiny balance errors, so balance deteriorates when you move too quickly. Keeping feet together and hands by the hips reduces your base of support, making balance more difficult to control. Closing your eyes removes important visual cues that help you coordinate posture and balance, which isn't ideal for learning control during slow-motion practice.

6. Why is etiquette important when entering dojang?

A. It is optional and can be ignored if busy.

B. It shows respect to instructors, peers, and the art; sets the correct training mindset.

C. It is mainly about performance goals.

D. It guarantees winning.

Etiquette in the dojang expresses respect to instructors, fellow students, and Taekwondo itself, and it helps set the training mindset. By bowing, greeting, speaking respectfully, waiting your turn, and following the dress and conduct rules, you acknowledge the value of the art and the people training with you. This creates a safe, focused environment where learning can happen because everyone understands the expectations and shows humility, attention, and discipline. It's not optional—even when busy—and it's not about performance goals or winning; it's about the right attitude that underpins all training.

SAMPLE

7. What is the correct posture for a ready stance in training?

A. Feet together, knees locked, spine rounded, hands at sides, eyes down

B. Feet shoulder-width apart, knees slightly bent, spine tall, hands up in guard, eyes forward

C. One foot forward, knees bent, chest forward, hands on hips

D. Feet wide apart, legs straight, arms crossed, eyes forward

A ready stance is about establishing a solid, balanced base and a protective, reactive posture. The correct setup has feet shoulder-width apart to create stability and room to move in any direction, knees slightly bent to absorb movement and stay ready, and a spine held tall with natural alignment so breathing stays easy and the core stays engaged. The hands are up in guard to protect the head and torso and to spring into blocks or strikes quickly, while the eyes stay forward to keep awareness of your surroundings. This combination lets you move with control, defend effectively, and respond to an opponent or drill without losing balance. The other options undermine one or more of these elements: having feet together with knees locked makes the base fragile and the spine can round, which reduces balance and protection; a stance with one foot forward and hands on hips shifts weight unevenly and lacking a ready guard; feet wide with straight legs and arms crossed blocks vision and limits mobility, offering poor protection.

8. Which term refers to the foot technique in Korean martial arts vocabulary?

A. Jok Ki

B. Kee Ma Ja Seh

C. Il and Hana

D. Ko Hwan

In Korean martial arts vocabulary, Jok Ki is the term that designates foot technique. Jok means foot and Ki (often rendered gi or ki) means technique or skill, so Jok Ki covers all movements performed with the legs and feet—kicks and other actions using the lower extremities. This is why it's the best choice here: it directly names the category of techniques that use the feet, unlike the other options, which refer to numbers or to other kinds of commands or concepts and not to foot techniques. Remembering Jok Ki as "foot technique" helps you quickly categorize movements when studying forms, drills, and sparring.

9. The Korean term for Begin is:

A. Shi Ji

B. Ki Cho

C. Shi Jak

D. Shi San

Begin is signaled in Korean by , pronounced Shi Jak. This word literally means to start or to begin, and in Taekwondo practice it's the cue used to signal the group to start a form, drill, or sequence after the preparatory commands. That's why Shi Jak is the correct term here—it's the standard command that tells you to move now. The other terms correspond to different cues or stages and aren't the command used to start, so they don't fit as the begin signal.

SAMPLE

10. 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.

SAMPLE

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!

SAMPLE