

Name of Student: _____ Date: _____

Homework Assignment - Part 1: Multiple Choice Test

1. Which one of the following is NOT an attacking tool?

- a) Fingertip
- b) Side Fist
- c) Inner Forearm
- d) Palm
- e) Elbow

Your answer? _____

2. Which of the following techniques should NOT have a sinewave?

- a) Forward Stepping into an L-Stance High Inward Knife-hand Strike
- b) Jumping to an X-Stance High Backfist Side Strike
- c) Backward Stepping into a Walking Stance High Double Forearm Side Block
- d) Shifting backwards to an L-Stance Middle Forearm Guarding Block

Your answer? _____

3. What is the length of the jump in Toi-Gye Tul?

- a) The jump should be about a Low Stance in length
- b) The jump should be about a Parallel Stance in length
- c) The jump should be about an L-Stance in length
- d) The jump should be about a Walking Stance in length
- e) None of the above

Your answer? _____

4. When performing a Sitting Stance Forearm W-Shape Block, how high should the foot come off the ground before landing in the Sitting Stance?

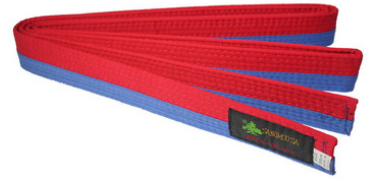
- a) The toes of the foot should only be raised about 6 inches off the floor
- b) The toes of the foot should be raised as high as the hip
- c) The toes of the foot should be raised as high as the knee
- d) The toes of the foot should be raised as high as the solar plexus

Your answer? _____

5. True or False: The Upset Fingertip Thrust should finish in a half facing position.

- a) True
- b) False

Your answer? _____



Homework Assignment - Part 1: Multiple Choice Test cont.

6. What is the purpose of the Double Forearm Low Pushing Block in Toi-Gye?

- a) The goal is to deflect a low kick with the block and stop the attack
- b) The goal is to strike a low punch with the inner forearm and stop the attack
- c) The goal is to intercept a kick and push it - throwing an opponent off balance
- d) The goal is to block a low attack by pushing it down to the floor
- e) None of the above

Your answer? _____

7. How high should the backward motion be for the Low Knife-hand Guarding Block?

- a) The hands should move in a backward motion as high as the eye level
- b) The hands should move in a backward motion as high as the shoulder level
- c) The hands should move in a backward motion as high as the rib cage level
- d) The hands don't need a big backward motion for this movement

Your answer? _____

8. What is the position of the thumbs when you perform the front grab in Toi-Gye?

- a) The thumbs should be straight and slightly higher than the rest of the hand
- b) The thumbs should be straight and slightly lower than the rest of the hand
- c) The thumbs should be slightly bent and slightly higher than the rest of the hand
- d) The thumbs should be slightly bent and slightly lower than the rest of the hand

Your answer? _____

9. Why do we spring the knee of the standing leg during the front knee upward kick?

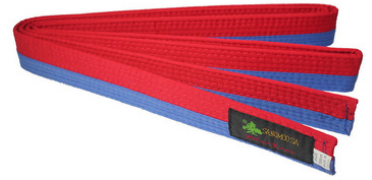
- a) We spring the knee in order to give the kick more power
- b) We spring the knee to provide more leverage for the hands
- c) We spring the knee to create a sinewave during the movement
- d) We spring the knee for style and image
- e) We are not supposed to spring the knee here

Your answer? _____

10. True or False: When stepping into an X-Stance you should cross the stepping foot behind

- a) True
- b) False

Your answer? _____



Homework Assignment - Part 2: Written Answers

1. Name the 6 main vital spots in the high section (6-points)

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

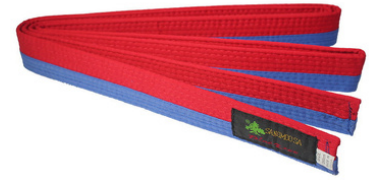
2. List #7 to #9 of the training secrets of Taekwon-Do: (3-points)

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

3. What is the meaning of Toi-Gye Tul? (4-points)

4. How many moves are in Toi-Gye Tul (Pattern)? (1-point)

5. What is the purpose of a Front Knee Upward Kick: (1-points)



Homework Assignment - Part 2: Written Answers cont.

7. If you are threatened with a knife, what would be the safest procedure to get to safety (if you can't simply give up ? (3-points)

a) _____

b) _____

c) _____

8. What is the meaning of Blue Belt? (3-points)

9. Name 3 tools in the arm / hand which are used for both attacking & blocking? (3-points)

a) _____

b) _____

c) _____

10. How high do the knuckles finish when performing a Sitting Stance Forearm W-Shape Block? (1-point)

TEST RESULTS

MULTIPLE CHOICE GRADE: _____/10

TOTAL SCORE: _____/35

WRITTEN SECTION GRADE: _____/25

This test was marked by: _____ Date: _____