Name of Student: Date:

# Homework Assignment - Part 1: Multiple Choice Test

## 1. Why do we perform some movements in a circular motion?

a) We perform movements in a circular motion in order to properly relax the muscles prior to blocking

b) We perform movements in a circular motion to distract and or confuse the opponent

c) We perform movements in a circular motion because it is the most natural path to the block/strike

d) We perform movements in a circular motion to create more distance to speed up the technique

e) None of the above

# 2. Why do we have so many types of punches in Taekwon-Do?

a) It is important to have variety so you don't always use the same muscles all the time

b) It makes it more difficult for the opponent to discover which punch you are about to perform c) It allows us to have more options based on the distance & angle between you and the opponent

d) None of the above

Your answer?

Your answer?

Your answer?

## 3. What is the correct angle for the feet in Rear Foot Stance?

a) The rear foot should be 25 degrees inwards and the front foot should be 15 degrees inwards b) The rear foot should be 15 degrees outwards and the front foot should be 15 degrees inwards

c) The rear foot should be 15 degrees inwards and the front foot should be 25 degrees outwards

d) The rear foor should be 15 degrees inwards and the front foot should be 25 degrees inwards

e) None of the above

4. Which is the correct about the angle of the Upper Elbow Strike (in Pattern Joong-Gun?)

a) The arm should be angled outwards to match the rear foot & the elbow should be at eye level

b) The arm should be straight forward (body half facing) & the elbow is under the chin height

c) The arm should be to the center line & the elbow is at the level of the philtrum

d) The arm should be angled out 45 degrees & the elbow should be at eye level

Your answer?

# 5. True or False: The attack position for 1-Step Sparring is L-Stance Forearm Guarding Block.

a) True

b) False

**BLUE BELT** 



4th Grade





# Homework Assignment - Part 1: Multiple Choice Test cont.

### 6. What is the target for the Walking Stance Twin Upset Punch?

a) There is 1 target (the ribs) of a same size or slightly larger and stronger opponent

b) There are 2 targets (the solar plexis) of 2 different opponents approximately same size

c) There is 1 target (the stomach) of a same size or slightly larger and stronger opponent

d) There are 2 targets (the groin) of 2 different opponents approximately same size

e) All of the above

Your answer?

## 7. What is the correct blocking tool for a U-Shape Block?

- a) The arc hand (the part between the thumb and the pointer finger)
- b) The thumb
- c) The reverse knife-hand
- d) The palm

Your answer?

### 8. What is the correct measurement for Low Stance?

a) The stance should be 2.0 shoulder widths from your back toes to your front toes

b) The stance should be 1.5 shoulder widths from your back heel to your front toes

- c) The stance should be 2.0 shoulder widths from your back heel to your front heel
- d) The stance should be 1.5 shoulder widths from your back toes to your front heel

Your answer?

## 9. Which one of the following motions do not travel vertically?

- a) An upward movement
- b) A downward movement
- c) A rising movement
- d) A pressing movement
- e) A pushing movement

Your answer?

## 10. True or False: A Twin Forefist Vertical Punch is designed to punch 2 opponents

- a) True
- b) False

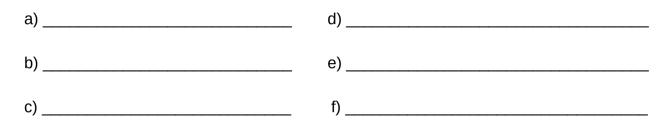
Your answer?



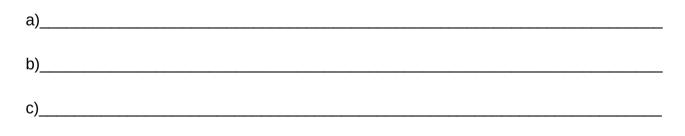


# Homework Assignment - Part 2: Written Answers

### 1. Name 6 Attacking or Blocking Tools in the arm and hand (6-points)



### 2. List #4 to #6 of the training secrets of Taekwon-Do: (3-points)



### 3. What is the meaning of Joong-Gun Tul? (5-points)



5. What is the purpose of a Twin Forefist Upset Punch: (1-points)





# Homework Assignment - Part 2: Written Answers cont.

7. What is the purpose of One Step Sparring (1-Step Sparring): (2-points)

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

9. What are the 3 vertial lines / sections of the body? (3-points)

a)	 	 
b)	 	 
c)	 	 

10. Which hand goes in front (on top) when you are performing an X-Fist Rising Block? (1-point)

# TEST RESULTS

MULTIPLE CHOICE GRADE:	/10	TOTAL SCORE:	/35
WRITTEN SECTION GRADE:	/25		
This test was marked by:		Date:	