



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

Your answer? _____

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? _____

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 foot should be 15 degrees inwards and the front foot should be 25 degrees inwards
- e) None of the above

Your answer? _____

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

Your answer? _____



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)

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

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

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

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

4. How many moves are in Joong-Gun Tul (Pattern)? (1-point)

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 vertical 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: _____