

WARRIOR CODE TAEKWON-DO ACADEMY

White Belt (10th Grade) Written Test (Practice Test)

Name: _____ Age: _____ Date: _____

SECTION A - Multiple Choice:

1. What is the correct way to prepare a Low Knife-hand Block?
 - a) Blocking hand crosses on top in front of the chest
 - b) Blocking hand crosses on bottom in front of the belt knot
 - c) Blocking hand crosses on top in front of the rib cage
 - d) Blocking hand crosses on bottom at the height of the shoulders
2. What are the correct angles of your feet in a Walking Stance?
 - a) The front toes point forward and back toes point 15° outward
 - b) The front toes point forward and back toes point 25° outward
 - c) The front toes point forward and back toes point 45° outward
 - d) The front toes point 15° inward and back toes point 15° outward
 - e) The front toes and back toes both point forward
3. What is the command or instruction when bowing to an assistant?
 - a) Sa-Hyun Nim Kae
 - b) Sa-Seong Nim Kae
 - c) Sa-Bum Nim Kae
 - d) Boo-Sa-Bum Nim Kae
4. What is the correct attacking tool for a Front Snap Kick?
 - a) The instep (the top of the foot)
 - b) The heel
 - c) The bottom of the foot
 - d) The ball of the foot
5. True or False - when performing a Middle Inner Forearm block, the inner forearm should be at the height of the shoulder.
 - a) True
 - b) False

SECTION B - Written Part:

6. Name two stances that you used for practicing punching (2-points)

a) _____

b) _____

7. How many movements are performed in: (2-points)

a) Four Direction Punch (total) _____

b) Four Direction Block (total) _____

8. What are the Tenets of Taekwon-Do? (5-points)

9. Who is the principal founder of Taekwon-Do? (1-point)

10. What is the birthday of Taekwon-Do? (1-point)

11. What is the meaning of Taekwon-Do? (3-points)

TAE _____ KWON _____ DO _____

12. What do we say when we bow/salute a person in the Dojang? (1-point)
