

WARRIOR CODE TAEKWON-DO ACADEMY

Yellow Stripe (09th Grade) Practice Test #1

Name: _____ Age: _____ Date: _____

SECTION A - Multiple Choice:

1. What's the correct way to cross the hands for a Forearm Guarding Block?
 - a) The blocking hand on the top
 - b) The blocking hand on the bottom
 - c) The blocking hand on the outside
 - d) The hands do not cross in this movement

2. What is the correct way to form an L-Stance?
 - a) The feet should form a 90° angle with 60% body weight on back leg
 - b) Both feet should point outwards 10° with more weight on back leg
 - c) Both feet should point inwards 15° with 70% body weight on back leg
 - d) The feet should shape like the letter "L" with body weight 50/50

3. What is the correct order of belts in the ITF Belt System?
 - a) White, Orange Green, Blue Red, Black
 - b) White, Yellow, Green Blue, Red, Black
 - c) White, Blue, Green, Yellow, Red Black
 - d) Yellow, Green, Orange, Red, Blue Brown, Black

4. What is the purpose of practicing 3-Step Sparring?
 - a) To provide more ways of practicing attack & defense techniques
 - b) To teach distance and timing to each participant
 - c) To correct the stances and techniques of each student
 - d) To make fundamental movements more fun and exciting

5. True or False - L-Stance can be performed in half facing and side facing positions.
 - a) True
 - b) False

SECTION B - Written Part:

6. Name two new kicks that you learned as a yellow stripe (2-points)

a) _____

b) _____

7. What is the meaning of the White Belt: (3-points)

8. What is the meaning of Chon-Ji? (4-points)

9. How many moves are in Chon-Ji? (1-point)

10. Write the numbers from 1-10 in Korean (5-points)

1- _____

6- _____

2- _____

7- _____

3- _____

8- _____

4- _____

9- _____

5- _____

10- _____