

WARRIOR CODE TAEKWON-DO ACADEMY

Yellow Stripe (09th Grade) Practice Test #2

Name: _____ Age: _____ Date: _____

SECTION A - Multiple Choice:

1. What's the correct way to cross the hands for a Middle Inner Forearm 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 way is the most correct to perform a downward kick?
 - a) The kicking leg rises in an outward motion and drop on opponent
 - b) The kicking leg rises in an inward motion and drop on opponent
 - c) The kicking leg should travel straight upwards and drop on opponent
 - d) The kicking leg can travel upwards in all three directions
3. What is the purpose of a breakfall?
 - a) To make loud noises and possibly scare the opponent
 - b) To have more fun while we fall down
 - c) To prevent or reduce injuries from falling down
 - d) To drop down to the floor in a quicker way
4. What is the block in 3-Step Sparring #3?
 - a) Middle Forearm Guarding Block
 - b) Middle Inner Forearm Side Block
 - c) Low Forearm Block
 - d) Middle Outer Forearm Block
5. True or False - Turning Kick can be performed with the Instep & the ball of the foot.
 - a) True
 - b) False

SECTION B - Written Part:

6. Name two stances 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- _____