

WARRIOR CODE TAEKWON-DO ACADEMY

Blue Stripe (05th Grade) Practice Written Test #1

Name: _____ Age: _____ Date: _____

SECTION A - Multiple Choice:

1. What distance do you travel in Yul-Gok from move #35 to #36 (jumping)?
 - a) You are supposed to jump one Meter
 - b) You are supposed to jump the length of one L-Stance
 - c) You are supposed to jump the length of one Walking Stance
2. What is the definition of a front strike?
 - a) A strike that hits the front side of an opponent
 - b) A strike where the performer and the target are full facing toward each other
 - c) A strike performer is full-facing towards the target & the attack finishes on the centerline of the performer's body.
 - d) A strike performed in a forward direction.
3. Which element of the theory of power best describes the following?
To channel the maximum energy of the body into the smallest possible attacking tool.
 - a) Mass
 - b) Reaction Force
 - c) Concentration
 - d) Equilibrium
4. How many different stances are performed in pattern Yul-Gok?
 - a) There are 6 different stances in Yul-Gok Tul
 - b) There are 5 different stances in Yul-Gok Tul
 - c) There are 4 different stances in Yul-Gok Tul
5. True or False - a kick to the opponent's back is always a warning (sparring)
 - a) True
 - b) False

SECTION B - Written Part:

6. Name four new movements learned for Yul-Gok Tul (4-points)

a) _____

b) _____

c) _____

d) _____

7. Name a new stance learned in Yul-Gok (1-point)

8. What are the first 3 Training Secrets of Taekwon-Do? (3-points)

9. How many moves are in Yul-Gok Tul? (1-point)

10. What is the meaning of Yul-Gok? (5-points)

11. What is the purpose of Middle Hooking Block? (1-points)
