

WARRIOR CODE TAEKWON-DO ACADEMY

Blue Stripe (05th Grade) Practice Written Test #2

Name: _____ Age: _____ Date: _____

SECTION A - Multiple Choice:

1. What is the purpose of Punching Motion (Jirugi)?
 - a) To travel in a straight or circular line and break bones, create bruising or external bleeding of the opponent.
 - b) To rotate the attacking tool 180° at the moment of impact and create damage internally
 - c) To use a smaller attacking tool and penetrate the skin over soft areas of skin, not protected by muscle or bone.

2. What is the definition of a Side Block?
 - a) A block that is performed to the side or blocking a side attack from the opponent.
 - b) A block where you are half or side facing and the block arrives on the shoulder line (at the moment of blocking)
 - c) A block which is side facing and is performed to the side of the body
 - d) A side block is meant to block a side kick

3. Which element of the theory of power best describes the following?
To put a high level of effort in creating an equal opposite motion for a movement to harmonize the body and increase power.
 - a) Speed
 - b) Reaction Force
 - c) Mass
 - d) Equilibrium

4. How many L-stances are performed in pattern Yul-Gok?
 - a) There are 3 L-Stances in Yul-Gok Tul
 - b) There are 2 L-Stances in Yul-Gok Tul
 - c) There are 0 L-Stances in Yul-Gok Tul

SECTION B - Written Part:

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

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

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

8. Name a new kick learned at Blue Stripe (1-point)

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

11. Describe the Connecting Motion in Yul-Gok? (3-points)
