



Name of Student: \_\_\_\_\_ Date: \_\_\_\_\_

**Homework Assignment - Part 1: Multiple Choice Test**

**1. What is the correct motion to perform a Middle Palm Hooking Block?**

- a) Normal Motion
- b) Slow Motion
- c) Natural Motion
- d) Fast Motion
- e) Connecting Motion

Your answer? \_\_\_\_\_

**2. What is the correct height of Double Forearm Block in Yul-Guk Tul?**

- a) High
- b) Middle
- c) Low

Your answer? \_\_\_\_\_

**3. What is the correct attacking tool for Inward Vertical Kick?**

- a) The ball of the foot
- b) The bottom of the foot
- c) The foot sword (reverse footsword)
- d) The side sole

Your answer? \_\_\_\_\_

**4. What is the correct attacking tool for Outward Vertical Kick?**

- a) The ball of the foot
- b) The bottom of the foot
- c) The foot sword
- d) The side sole

Your answer? \_\_\_\_\_

**5. True or False: The front front elbow strikes in Yuk-Guk Tul are performed to Middle section.**

- a) True
- b) False

Your answer? \_\_\_\_\_



**Homework Assignment - Part 1: Multiple Choice Test cont.**

**6. Which of the following best describes connecting motion in Yul-Gok Tul?**

- a) This is where 1 natural movement & 1 hard movement share 1 sinewave & 1 breath
- b) This is where 2 natural movements share 1 breath with 2 sinewaves
- c) This is where 2 hard movements are performed with 2 sinewaves and 2 breaths on 1 count
- d) This is where 2 normal motion movements are performed with 1 breath and 1 sinewave
- e) None of the above

Your answer? \_\_\_\_\_

**7. What is the most correct about Reaction Force (from the Theory of Power)?**

- a) This is when you become skilled or proficient at producing more power when reacting to opponent.
- b) This is when you create an equal, opposite motion to the movement in order to create balance and increase the power of the movement.
- c) This is when you practice putting force in both the action hand and opposite hand to work out both sided equally.
- d) None of the above

Your answer? \_\_\_\_\_

**8. What is the most correct about Speed (from the Theory of Power)?**

- a) Each technique must move as quickly as possible making the movement as fast and powerful
- b) Each technique must begin relaxed and natural - then accelerated to your maximum speed
- c) Each technique must be performed quicker than the opponent to increase your chances of winning.
- d) None of the above

Your answer? \_\_\_\_\_

**9. What is the most correct about Equilibrium / Balance (from the Theory of Power)?**

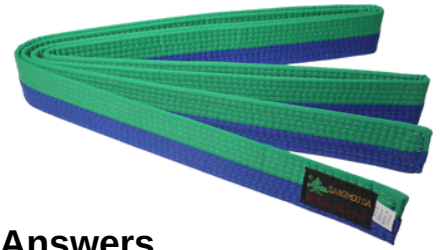
- a) Equilibrium is when you finish the movement in a correct position with proper balance.
- b) Equilibrium is when you stay in balance during the movement for better accuracy.
- c) Equilibrium has to do with keeping your mind in balance so you can get the most out of life.
- d) Answers a & b
- e) None of the above

Your answer? \_\_\_\_\_

**10. True or False: The best way to increase mass into your movements is by using a sinewave.**

- a) True
- b) False

Your answer? \_\_\_\_\_



**Homework Assignment - Part 2: Written Answers**

**1. Translate these Korean terminology (6-points)**

- a) Charyot \_\_\_\_\_
- b) Si Jak \_\_\_\_\_
- c) Baro \_\_\_\_\_
- d) JunBi \_\_\_\_\_
- e) Haecho \_\_\_\_\_
- f) Tul \_\_\_\_\_

**2. List the first 3 training secrets of Taekwon-Do: (3-points)**

- a) \_\_\_\_\_
- b) \_\_\_\_\_
- c) \_\_\_\_\_

**3. What is the meaning of Yul-Guk Tul? (5-points)**

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**4. How many moves are in Yul-Guk Tul (Pattern)? (1-point)** \_\_\_\_\_

**5. What is the Pattern Diagram for Yul-Guk Tul? (1-point)** \_\_\_\_\_

**6. What is the purpose of a Middle Palm Hooking Block: (1-point)**

\_\_\_\_\_



**Homework Assignment - Part 2: Written Answers cont.**

**7. What are the counter attacks for: (2-points)**

Two Step Sparring #5 \_\_\_\_\_

Two Step Sparring #6 \_\_\_\_\_

**8. What are the 3 horizontal lines of the body? (3-points)**

a) \_\_\_\_\_

b) \_\_\_\_\_

c) \_\_\_\_\_

**9. What are the 3 vertical lines / sections of the body? (3-points)**

a) \_\_\_\_\_

b) \_\_\_\_\_

c) \_\_\_\_\_

10.

**TEST RESULTS**

MULTIPLE CHOICE GRADE: \_\_\_\_\_/10

**TOTAL SCORE: \_\_\_\_\_/35**

WRITTEN SECTION GRADE: \_\_\_\_\_/25

This test was marked by: \_\_\_\_\_ Date: \_\_\_\_\_