

WARRIOR CODE TAEKWON-DO ACADEMY

Green Belt (06th Grade) Practice Written Test #1

Name: _____ Age: _____ Date: _____

SECTION A - Multiple Choice:

1. What is the purpose of Twin Forearm Block?
 - a) To block one opponent - someone trying to choke you from the side
 - b) To block two opponents - one at the front & one at the side
 - c) To block several opponents - covering yourself from multiple sides
2. Which of the following is the correct definition of a Middle Block?
 - a) A middle block is performed between the navel (belly button) and the shoulder level.
 - b) A middle block is performed between the solar plexus and the shoulder level.
 - c) A middle block is performed between the navel (belly button) and the solar plexus.
 - d) A middle block is performed to the center of the body.
3. How many punches are performed during the pattern Won-Hyo?
 - a) There are 4 punches performed during this pattern
 - b) There are 6 punches performed during this pattern
 - c) There are 8 punches performed during this pattern
 - d) There are 9 punches performed during this pattern
4. How many different stances are performed in pattern Won-Hyo?
 - a) There are 3 different stances in Won-Hyo Tul
 - b) There are 4 different stances in Won-Hyo Tul
 - c) There are 5 different stances in Won-Hyo Tul
5. How many titles of black belt are there in Taekwon-Do.
 - a) There are 3 titles of black belt
 - b) There are 2 titles of black belt
 - c) There are 4 titles of black belt

SECTION B - Written Part:

6. Name two new movements learned for Won-Hyo Tul (2-points)

a) _____

b) _____

7. What is 'OTFA' stand for? (1-point)

8. What are the elements of the Theory of Power? (6-points)

9. How many moves are in Won-Hyo Tul? (1-point)

10. What is the meaning of Won-Hyo? (3-points)

11. What is the purpose of Bending Ready Stance A? (2-points)
