

WARRIOR CODE TAEKWON-DO ACADEMY

Green Belt (06th Grade) Practice Written Test #2

Name: _____ Age: _____ Date: _____

SECTION A - Multiple Choice:

1. What is the main tool in a Reverse Hooking Kick?
 - a) The main tool for Reverse Hooking Kick is the back of the heel
 - b) The main tool for Reverse Hooking Kick is the ball of the foot
 - c) The main tool for Reverse Hooking Kick is the bottom of the foot

2. Which of the following is correct when crossing the hands?
 - a) When using the outside of the arm, you cross the action hand on the bottom of the reaction hand with both palms facing down.
 - b) When using the outside of the arm, you cross the action hand on the inside of the reaction hand with both palms facing toward you.
 - c) When using the inside of the arm, you cross the action hand on the bottom of the reaction hand with both palms facing downward.
 - d) When using the inside of the arm, you cross the action hand on the top of the reaction hand, with the backfists touching.

3. How many total kicks are performed during the pattern Won-Hyo?
 - a) There are 3 punches performed during this pattern
 - b) There are 5 punches performed during this pattern
 - c) There are 4 punches performed during this pattern
 - d) There are 2 punches performed during this pattern

4. How many movements are in the pattern Won-Hyo?
 - a) There are 24 movements in Won-Hyo Tul
 - b) There are 28 movements in Won-Hyo Tul
 - c) There are 32 movements in Won-Hyo Tul

5. True or False - it is 4 points for a jumping kick to the head in sparring.
 - a) True
 - b) False

SECTION B - Written Part:

6. What is the meaning of Green Belt (2-points)

7. Which 9-member countries founded the ITF? (9-points)

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

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