

# WARRIOR CODE TAEKWON-DO ACADEMY

## Green Stripe (07th Grade) Practice Written Test #1

Name: \_\_\_\_\_ Age: \_\_\_\_\_ Date: \_\_\_\_\_

### SECTION A - Multiple Choice:

1. True or False: The Releasing Movement in Do-San must have a sinewave motion in order to increase mass and maximise power.

- a) True
- b) False

2. What is Two Step Sparring?

- a) Two Step Sparring is a quicker and more advanced version of three step sparring with less steps.
- b) Two Step Sparring is the concept of bringing hand movements and foot movements into various combinations
- c) Two Step Sparring is a realistic system of combat using attack and defense techniques.
- d) Two Step Sparring is a self-defense version of three step sparring.

3. How many countries founded the ITF?

- a) The ITF began with 5 member countries
- b) The ITF began with 7 member countries
- c) The ITF began with 3 member countries
- d) The ITF began with 9 member countries

4. How many types of attacks are there in Taekwon-Do?

- a) There are 3 different types of attack techniques
- b) There are 9 different types of attacks techniques
- c) There are 5 different types of attack techniques

5. True or False - The Pattern Diagram for Do-San Tul is shaped like “+”.

- a) True
- b) False

## SECTION B - Written Part:

6. Name three hand attacks in Do-San that are not punches (3-points)

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

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

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

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

\_\_\_\_\_

8. What is the birthdate of the ITF? (1-point)

\_\_\_\_\_

8. What is the meaning of Do-San Tul? (4-points)

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

9. How many moves are in Do-San Tul? (1-point)

\_\_\_\_\_

10. What is the name of that new motion in Do-San ? (1-point)

\_\_\_\_\_

11. Explain how to perform a Sitting Stance? (4-points)

a. The length of the stance is: \_\_\_\_\_

b. The width of the stance is: \_\_\_\_\_

c. The weight distribution is: \_\_\_\_\_ % on shoulder width (left leg)

\_\_\_\_\_ % shoulder width (right leg)

d. Front toes pointing: \_\_\_\_\_ Rear toes pointing: \_\_\_\_\_