

# WARRIOR CODE TAEKWON-DO ACADEMY

## Green Stripe (07th Grade) Practice Written Test #2

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

### SECTION A - Multiple Choice:

1. True or False: When preparing to perform a Backfist High Side Strike, the striking hand should cross on top of the opposite arm.

- a) True
- b) False

2. Where do we strike with the Backfist in Pattern Do-San?

- a) We are striking the opponent to the side of the neck
- b) We are striking the opponent to the nose
- c) We are striking the opponent to the temple
- d) We are striking the opponent to the eye ball

3. What is the birthday of the ITF?

- a) The ITF began on May 22
- b) The ITF began on April 11
- c) The ITF began on March 22
- d) The ITF began on November 9

4. How many (quantity of) blocking techniques are in the pattern Do-San?

- a) There are 8 blocks performed in the Pattern Do-San
- b) There are 9 blocks performed in the Pattern Do-San
- c) There are 12 blocks performed in the Pattern Do-San
- d) There are 7 blocks performed in the Pattern Do-San

5. True or False - The front snap kicks in the Pattern Do-San Tul are performed to the high section:

- a) True
- b) False

## SECTION B - Written Part:

6. Name four different blocks performed in Do-San (4-points)

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

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

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

d) \_\_\_\_\_

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

\_\_\_\_\_

8. How many member countries started 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. What is the point system in ITF Sparring? (3-points)

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