

WARRIOR CODE TAEKWON-DO ACADEMY

Yellow Belt (08th Grade) Practice Written Test #1

Name: _____ Age: _____ Date: _____

SECTION A - Multiple Choice:

1. True or False: When performing any type of Guarding Block, you cross the hands by the chest.

- a) True
- b) False

2. Why do we practice Three Step Sparring?

- a) To teach realistic fighting techniques
- b) To practice distance and timing
- c) To promote the idea of sparring and teamwork
- d) To further teach fundamental movements in a different way

3. Why is board breaking important?

- a) It represents challenges and obstacles in our lives and highlights our ability to break through.
- b) To demonstrate accuracy, conditioning and power of our techniques
- c) It builds confidence and character in practitioners
- d) All of the above

4. What's the measure for L-Stance Middle Reverse Punch in 3-Step Sparring?

- a) You measure on the outside - attacker's toes to defender's heel
- b) You measure on the inside - attacker's toes to defender's heel
- c) You measure on the outside - attacker's toes to defender's toes
- d) You measure on the inside - attacker's toes to defender's instep

5. True or False - The Pattern Diagram for Dan-Gun Tul is shaped like the letter "I".

- a) True
- b) False

SECTION B - Written Part:

6. Name three new hand movements learned at yellow belt (3-points)

a) _____

b) _____

c) _____

7. What is the meaning of the Yellow Belt: (3-points)

8. What is the meaning of Dan-Gun Tul? (3-points)

9. How many moves are in Dan-Gun? (1-point) _____

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

11. Explain how to perform a Walking 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 (front leg)

_____ % shoulder width (rear leg)

d. Front toes pointing: _____ Rear toes pointing: _____