

WARRIOR CODE TAEKWON-DO ACADEMY

Yellow Belt (08th Grade) Practice Test #2

Name: _____ Age: _____ Date: _____

SECTION A - Multiple Choice:

1. True or False: When performing any type of Block or Strike with the knife-hand, you cross the hand performing the technique on top of the other hand.
 - a) True
 - b) False
2. How many middle punches are there in the pattern Dan-Gun?
 - a) There are 9 middle punches
 - b) There are 0 middle punches
 - c) There are 4 middle punches
 - d) There are 2 middle punches
3. What rank(s) is/are the title of Bo-Sabum-Nim-Kae (Assistant Instructor)?
 - a) Bo-Sa-Bum-Nim-Kae is the rank of 1st and 2nd Degree
 - b) Bo-Sa-Bum-Nim-Kae is the rank of 1st Degree only
 - c) Bo-Sa-Bum-Nim-Kae is the rank of 1st to 3rd Degree
 - d) Bo-Sa-Bum-Nim-Kae is 2nd to 4th Degree
4. Where are most techniques performed during a high attack?
 - a) Most high techniques are performed at the nose level
 - b) Most high techniques are performed at the forehead level
 - c) Most high techniques are performed to the eye level
 - d) Most high techniques are performed to the neck level
5. True or False: Three Step Sparring #5 uses Side Piercing Kick as the attack technique.
 - a) True
 - b) False

SECTION B - Written Part:

6. Name three of the four of your yellow belt kicking requirements (2-points)

a) _____

b) _____

c) _____

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

8. What is the meaning of the Yellow Belt? (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 an L-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: _____