



Name of Student: _____ Date: _____

Homework Assignment - Part 1: Multiple Choice Test

1. 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 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.

Your answer? _____

2. How many countries founded the ITF (International Taekwon-Do Federation)?

- 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

Your answer? _____

4. What is the birthday of the ITF?

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

Your answer? _____

4. How many types of attacks are there in ITF 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
- d) There are 6 different types of attack movements

Your answer? _____

5. 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

Your answer? _____



Homework Assignment - Part 1: Multiple Choice Test cont.

6. 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

Your answer? _____

7. How many L-Stances are performed in Pattern Do-San?

- a) There are 3 L-Stances performed in Do-San
- b) There are 1 L-Stance performed in Do-San
- c) There are 5 L-Stances performed in Do-San
- d) There are 2 L-Stances performed in Do-San

Your answer? _____

8. Where do we strike with the Backfist Strikes 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 jaw

Your answer? _____

9. What's the correct way to perform a "FAST MOTION" in Pattern Do-San?

- a) The sequence must have 2 punches with 2 sinewaves and 2 breaths
- b) The sequence must have 2 punches with 1 sinewave and 2 breaths
- c) The sequence must have 2 punches with 1 & 2/3 of a sinewaves and 2 breaths
- d) The sequence must have 2 punches without a sinewave and 2 breaths
- e) The sequence must have 2 punches with 1 and a half sinewave and 1 long breath

Your answer? _____

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

- a) True
- b) False

Your answer? _____



Homework Assignment - Part 2: Written Answers

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

a) _____

b) _____

c) _____

2. List the three rules of 2-Step Sparring: (3-points)

a) _____

b) _____

c) _____

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

4. How many moves are in Do-San Tul (Pattern)? (1-point) _____

5. What is the name of that new motion learned / performed in Do-San ? (1-point)



Homework Assignment - Part 2: Written Answers cont.

6. What is the point scoring system in the ITF Sparring Rules (3-points)

a) _____

b) _____

c) _____

7. What are the counter attacks for: (2-points)

Two Step Sparring #1 _____

Two Step Sparring #2 _____

8. What does PERSEVERANCE mean to you? (1-point)

9. List 2 things you can do to demonstrate PERSEVERANCE each day (2-points)

a) _____

b) _____

TEST RESULTS

MULTIPLE CHOICE GRADE: _____/10

TOTAL SCORE: _____/30

WRITTEN SECTION GRADE: _____/20

This test was marked by: _____ Date: _____