



Name of Student: _____ Date: _____

**Homework Assignment - Part 1: Multiple Choice Test
(For the Homework / Knowledge Stripe)**

1. 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

Your answer? _____

2. 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

Your answer? _____

4. How many middle punches are there in the pattern Dan-Gun?

- a) There are 9 middle punches
- b) There are no middle punches
- c) There are 4 middle punches
- d) There are 2 middle punches

Your answer? _____

4. What rank(s) is/are the title of Boo-Sabum-Nim-Kae (Assistant Instructor)?

- a) Boo-Sa-Bum-Nim-Kae is the rank of 1st and 2nd Degree
- b) Boo-Sa-Bum-Nim-Kae is the rank of 1st Degree only
- c) Boo-Sa-Bum-Nim-Kae is the rank of 1st to 3rd Degree
- d) Boo-Sa-Bum-Nim-Kae is 2nd to 4th Degree

Your answer? _____

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

- a) True
- b) False

Your answer? _____



Homework Assignment - Part 1: Multiple Choice Test cont.
(Homework / Knowledge Stripe)

6. Which attacking tool is the most correct / useful for Reverse Hooking Kick?

- a) The bottom of the foot
- b) The ball of the foot
- c) The foot-sword
- d) The back of the heel

Your answer? _____

7. Which is the correct height for a high attack?

- a) High techniques are performed at the nose level
- b) High techniques are performed at the forehead level
- c) High techniques are performed to the eye level
- d) High techniques are performed to the neck level

Your answer? _____

8. What is the correct about pivoting 90, 190 or 270 degrees?

- a) Start by pivoting on the ball of the foot until you pass the mid point and then transfer to the heel
- b) Only turn / pivot on the heel the entire time you pivot (don't use the ball of the foot)
- c) Only turn / pivot on the ball of the foot (don't use the heel)
- d) Start by pivoting on the heel and gradually transfer to the ball of the foot

Your answer? _____

9. What's the correct way to cross the hands for an Inner Forearm Block?

- a) The blocking hand on the top
- b) The blocking hand on the bottom
- c) The blocking hand on the outside
- d) The hands do not cross in this movement

Your answer? _____

10. 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

Your answer? _____



**Homework Assignment - Part 2: Written Answers
(Homework / Knowledge Stripe)**

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

a) _____

b) _____

c) _____

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

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

4. How many moves are in Dan-Gun Tul (Pattern)? (1-point)

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

6. Name three of the four of your yellow belt kicking requirements (3-points)

a) _____

b) _____

c) _____



Homework Assignment - Part 2: Written Answers cont.
(Homework Stripe / Knowledge Stripe)

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

Three Step Sparring #5 _____

Three Step Sparring #6 _____

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

9. List 3 things you can do to practice INTERGRITY (3-point)

a) _____

b) _____

c) _____

TEST RESULTS

MULTIPLE CHOICE GRADE: _____/10

TOTAL SCORE: _____/30

WRITTEN SECTION GRADE: _____/20

This test was marked by: _____ Date: _____