



Name of Student: \_\_\_\_\_ Date: \_\_\_\_\_

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

**1. What is the correct weight distribution for L-Stance?**

- a) 50% on the rear leg / 50% on the front leg
- b) 70% on the rear leg / 30% on the front leg
- c) 40% on the rear leg / 60% on the front leg
- d) 20% on the rear leg / 80% on the front leg

Your answer? \_\_\_\_\_

**2. What is the correct angle of the feet for L-Stance?**

- a) Pointing to the side on the rear leg & forward on the front leg (90°)
- b) Pointing 15° inwards on the rear leg / 15° inwards on the front leg
- c) Pointing 25° inwards on the rear leg / 25° inwards on the front leg
- d) 20% on the rear leg / 80% on the front leg

Your answer? \_\_\_\_\_

**4. What is the purpose of practicing 3-Step Sparring?**

- a) To provide more ways of practicing attack & defense techniques
- b) To teach distance and timing to each participant
- c) To correct the stances and techniques of each student
- d) To make fundamental movements more fun and exciting

Your answer? \_\_\_\_\_

**4. What is the correct command during the bow-in for an Expert Teacher (7th or 8th Degree)?**

- a) Boo-Sabum Nim Kae
- b) Sa-Seong Nim Kae
- c) Sa-Hyun Nim Kae
- d) Sa-Bum Nim Kae

Your answer? \_\_\_\_\_

**5. True or False - an L-Stance Middle Reverse Punch is performed with the rear arm.**

- a) True
- b) False

Your answer? \_\_\_\_\_



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

**6. What is not a correct attacking tool for turning kick?**

- a) The top of the foot (instep)
- b) The ball of the foot
- c) The foot-sword
- d) The toes

Your answer? \_\_\_\_\_

**7. What is the correct position of the kicking foot in a Side Piercing Kick?**

- a) The foot should be horizontal - heel and toes on the same line
- b) The heel should be slightly lower than the toes
- c) The heel should be slightly higher than the toes
- d) The toes should point down toward the floor

Your answer? \_\_\_\_\_

**8. What is the correct order of belts in the ITF Belt System?**

- a) White, Orange Green, Blue Red, Black
- b) White, Yellow, Green Blue, Red, Black
- c) White, Blue, Green, Yellow, Red Black
- d) Yellow, Green, Orange, Red, Blue Brown, Black

Your answer? \_\_\_\_\_

**9. What's the correct way to cross the hands for a Forearm Guarding 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 - a Side Piercing Kick is performed with the bottom of the foot.**

- a) True
- b) False

Your answer? \_\_\_\_\_



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

**1. Name two kicks that you learned as a yellow stripe (2-points)**

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

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

**2. Name two stances that you learned as a yellow stripe (2-points)**

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

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

**3. What is the meaning of Chon-Ji? (4-points)**

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**4. How many moves are in Chon-Ji? (1-point)**

\_\_\_\_\_

**5. Write the numbers from 1-10 in Korean (10-points)**

1- \_\_\_\_\_ 2- \_\_\_\_\_ 3- \_\_\_\_\_

4- \_\_\_\_\_ 5- \_\_\_\_\_ 6- \_\_\_\_\_

7- \_\_\_\_\_ 8- \_\_\_\_\_ 9- \_\_\_\_\_

10- \_\_\_\_\_



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

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

Three Step Sparring #3 \_\_\_\_\_

Three Step Sparring #4 \_\_\_\_\_

**7. What does COURTESY mean to you? (1-point)**

\_\_\_\_\_  
\_\_\_\_\_

**8. List 3 things you can do to practice COURTESY (3-point)**

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

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

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

**TEST RESULTS**

MULTIPLE CHOICE GRADE: \_\_\_\_\_/10

**TOTAL SCORE: \_\_\_\_\_/35**

WRITTEN SECTION GRADE: \_\_\_\_\_/25

This test was marked by: \_\_\_\_\_ Date: \_\_\_\_\_