



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

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

**1. Which is the correct weight distribution for Walking Stance?**

- a) There should be more weight on the front leg
- b) There should be equal weight on both legs
- c) There should be more weight on the rear leg (back leg)

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

**2. What is the position of the fists / hands in the Attention Stance?**

- a) The Palms of the hands are completely facing backward
- b) The Palms of the hands are completely facing forward
- c) The Palms of the hands are facing inside towards your leg

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

**3. What is the first part of the bow-in procedure (beginning of class)?**

- a) Bow to the highest level in the class (highest level student in class)
- b) Bow to the Instructor (person leading the class)
- c) Salute the Founder of Taekwon-Do
- d) Bow / Salute to the Assistant Instructor (person helping the instructor teach class)

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

**4. Which of the following kicks are used for striking with the ball of the foot?**

- a) Front Rising Kick
- b) Side Rising Kick
- c) Front Snap Kick
- d) Outward Crescent Kick

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

**5. True or False - a Middle Punch in Parallel Stance or Walking Stance is performed to the chest line of the body**

- a) True
- b) False

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



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

**6. What is the correct in the properties of Walking Stance?**

- a) Walking Stance is for moving forwards
- b) Walking Stance is for moving backwards
- c) Walking Stance is for moving forwards & backwards
- d) Walking Stance is for moving forwards, backwards and sideways

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

**7. What is the shoulder position in Attention Stance?**

- a) The shoulders should be full facing forward
- b) The shoulders should be half facing forward
- c) The shoulders should be side facing
- d) The shoulders can be both full facing and half facing
- e) The shoulders can be full facing, half facing and side facing

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

**8. What is the first part of the bowing-out procedure (end of class)?**

- a) Bow to the highest level in the class
- b) Bow to the instructor
- c) Salute the founder of Taekwon-Do
- d) Salute the flag

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

**9. Which kick is performed to the front and finishes above the eye level?**

- a) Front Rising Kick
- b) Side Rising Kick
- c) Front Snap Kick
- d) Outward Crescent Kick

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

**10. True or False - all the blocks that you learned at white belt are performed in full facing position (both shoulders face the opponent).**

- a) True
- b) False

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



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

**1. Name two blocks that you learned as a white belt (2-points)**

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

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

**2. How many movements are performed in: (2-points)**

a) Four Direction Punch (total) \_\_\_\_\_

b) Four Direction Block (total) \_\_\_\_\_

**3. What are the Tenets of Taekwon-Do? (5-points)**

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**4. Who is the principal founder of Taekwon-Do? (1-point)**

\_\_\_\_\_

**5. What is the birthday of Taekwon-Do? (1-point)**

\_\_\_\_\_

**6. What is the meaning of Taekwon-Do? (3-points)**

TAE \_\_\_\_\_ KWON \_\_\_\_\_ DO \_\_\_\_\_

**7. What do we say when we bow/salute a person in the Dojang? (1-point)**

\_\_\_\_\_



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

**8. Name two stances that you used for punching (2-points)**

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

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

**9. What are the counter attacks in: (2-points)**

a) Three Step Sparring #1 \_\_\_\_\_

b) Three Step Sparring #2 \_\_\_\_\_

**10. What are the Three Moral Character traits that Warrior Code was founded on? (3-points)**

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

**11. Where was Taekwon-Do originally founded (which country)? (1-point)**

\_\_\_\_\_

**12. What do we say at the end of class when we dismiss / finish the class? (1-point)**

\_\_\_\_\_

**13. What is the meaning of White Belt? (3-point)**

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

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

**TOTAL SCORE: \_\_\_\_\_/37**

WRITTEN SECTION GRADE: \_\_\_\_\_/27

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