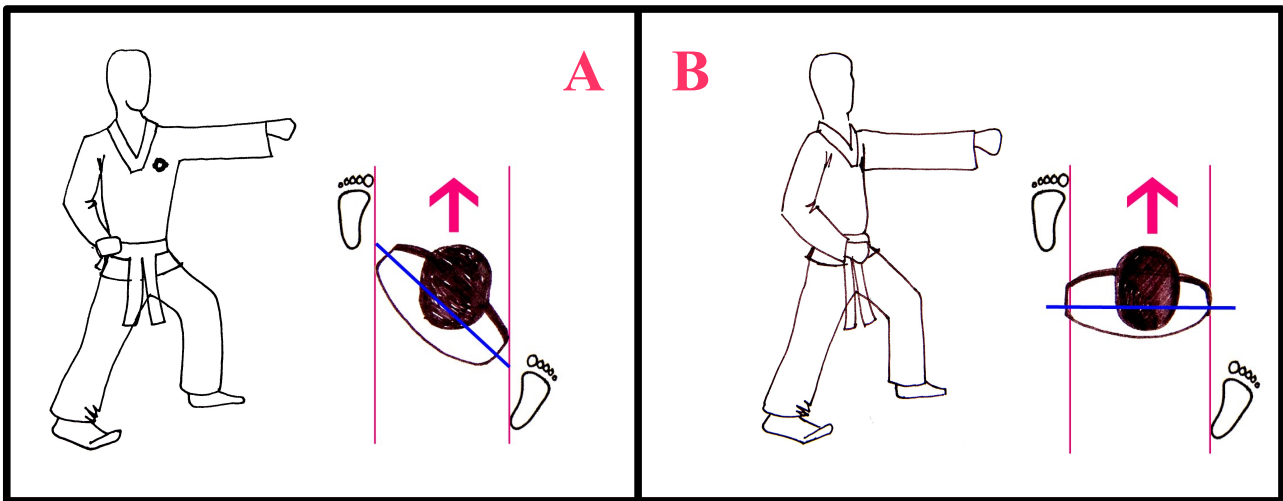


Warrior Martial Arts

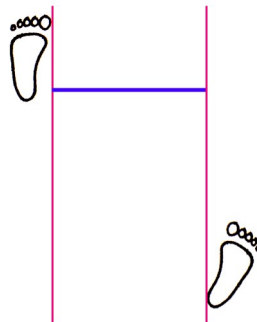
Instructor Training Programme 2011/2012

Lesson 1 Revision Test

1. Walking Stance



- (i) Above are 2 examples of a Walking Stance (A&B). One of these is incorrect. State which example is incorrect and explain why.



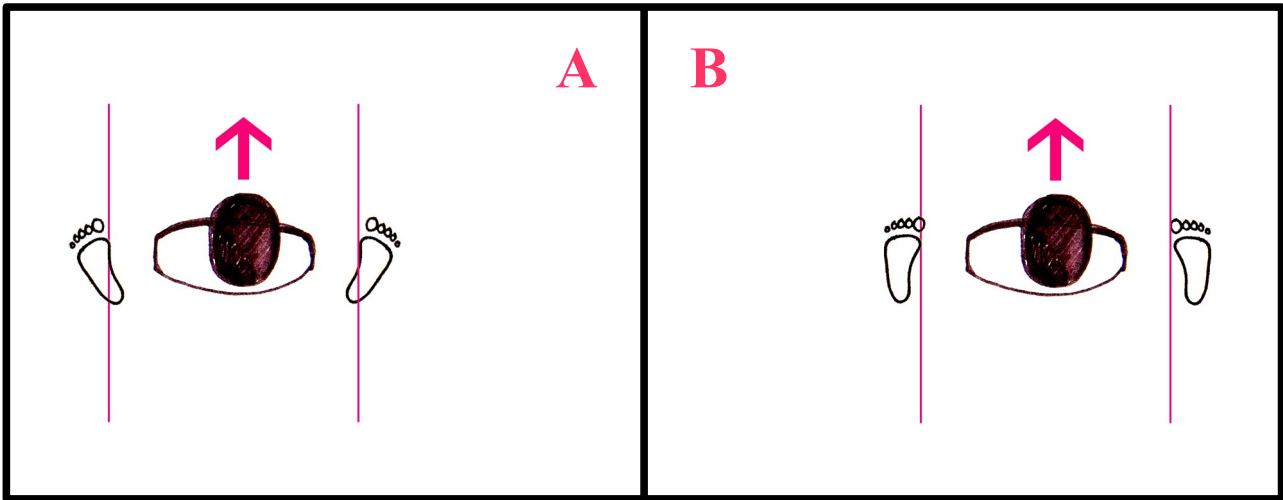
- (ii) How far apart should the feet be (as illustrated by the Blue Line) in a Walking Stance? Give your answer in terms of "Shoulder-widths" (1 shoulder-width, 2 shoulder-widths, etc).

Warrior Martial Arts

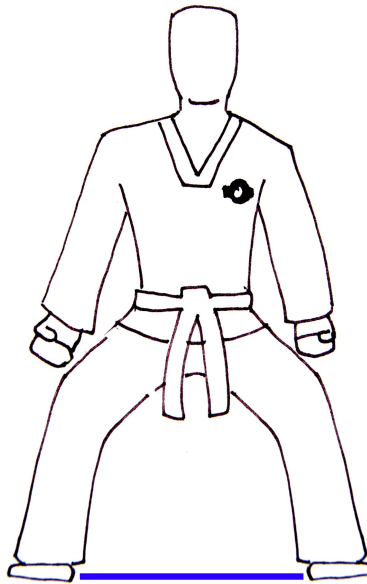
Instructor Training Programme 2011/2012

Lesson 1 Revision Test

2. Sitting Stance



- (i) Above are 2 examples of the foot position in a Sitting Stance (A&B). One of these is incorrect. State which example is incorrect and explain why.



- (ii) How far apart should the feet be (as illustrated by the Blue Line) in a Sitting Stance? Give your answer in terms of "Shoulder-widths" (1 shoulder-width, 2 shoulder-widths, etc).

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3. Blocks



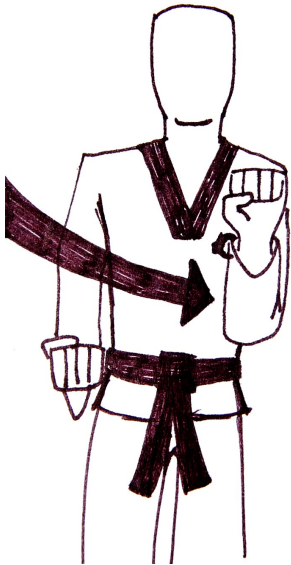
(i) Is the correct term for this block:

(a) Mid-section Knifehand Block

Or

(b) Mid-section Kinifehand Guarding Block?

Give your answer, explaining the key difference between the two techniques named above.



(ii) Selecting the correct options from section (a) and (b), give the correct name for this block:

Note that the arrow in the diagram indicates the direction in which the arm is moving.

Options:

(a) Rising / High-section / Middle-Section / Low-Section

(b) Inner Forearm / Outer Forearm / Knifehand

Give your answer in this format:

(a) _____ (b) _____ **Block**