

AC Quiz Code:
ACQ7



For Office Use Only:

Quiz Score: _____

2012 ASSOCIATE COACH QUIZ

Directions: Please review this quiz then submit your answers to the questions through the Hang-A-Star system. Each question is worth 5 points and you must score a 70% or higher to pass the AC Quiz and obtain your Associate Coach certification.

1. Taekwondo became an official sport of the Olympic Games in which year?
 - A. 1992 – Barcelona, Spain
 - B. 1988 – Seoul, Korea
 - C. 1996 – Atlanta, USA
 - D. 2000 – Sydney, Australia
2. Which of the following statements is **false**?
 - A. Athletes competing in the Junior (14-17 year old) Black Belt Sparring Divisions and the Senior (18-32 year old) Black Belt Sparring Divisions must be U.S. Citizens.
 - B. Athletes may move up to the next age divisions with the **exception** of the junior (14-17 year old) Black Belts.
 - C. Sparring at USAT events is structured as a single elimination competition format **except** for National Team Trial events, which may be conducted in a different format.
 - D. The 14-17 year old division (color belts) and the 18-32 year old (color belts) will be contested in the Grass Roots Division.
3. According to the USAT Athlete Development Pipeline, what is the series of phases that an athlete will progress along the pipeline?
 - A. World-Class – High Performance – Introductory – Developmental
 - B. Introductory – Developmental – High Performance – World Class
 - C. Fundamental – Developmental – Elite – World-Class
 - D. Junior Olympics – World University Games – World Championships – Olympic Games

4. Which one of the following characteristics is **not** part of the CIDP content, as mentioned in the description of the USAT Coach Development Pipeline?

- A. Performance-oriented
- B. Results-focused
- C. Coach-driven
- D. Athlete-centered

5. Based on the *Competition Rules*, if an athlete receives 3 “Kyung-go” penalties, how many points has he/she given up in his/her match?

- A. 1.5
- B. 1
- C. 2
- D. 0

6. Based on the information contained in the USAT Coach Development Pipeline, which of the following choices is not part of the standard curriculum of the CIDP?

- A. Coaches’ Edge Seminar
- B. Level 1 – Introducing Sport Taekwondo
- C. Level 2 – Developing Taekwondo Athletes and Coaches
- D. Level 3 – Coaching the High Performance Athlete

7. What is the mission statement of the USAT Coaches Identification and Development Program (CIDP)?

- A. To enable the United States athletes to achieve sustained competitive excellence and promote and grow the sport of taekwondo in the United States.
- B. To demonstrate and uphold the five tenets of Taekwondo.
- C. To develop USAT coaches at all levels through education, standardization and professionalization within a comprehensive coaching program in the pursuit of sustained competitive excellence.
- D. To support U.S. Olympic and Paralympic athletes in achieving sustained competitive excellence and preserve the Olympic ideals.

8. According to the section on the *Role of the Coach*, Associate Coaches should focus on:

- A. Athletes first, coaches second
- B. Coaches first, winning second
- C. Performance first, athletes second
- D. Coaches first, performance second
- E. Maximizing wins and minimizing losses

9. Based on the information contained in the USAT CIDP Description Page, which of the following choices is **not** true about the CIDP?
- A. The Coaches' Edge seminar is needed in order to obtain the Level 1 certification.
 - B. The Associate Coach Course, Level 1, Level 2, and Level 3 seminars are all part of the CIDP standard curriculum.
 - C. The focus of the Level 3 seminar is *Coaching High Performance Athletes*.
 - D. A coach must obtain the Associate Coach certification before he/she can register for the Level 1 seminar.
 - E. The Coaches' Edge seminar is required in order to obtain a credential for a USAT competition.
10. In the section regarding *Olympic Sport Taekwondo Objectives*, it discusses the concept of athletes being able to **hit and not get hit**. According to this section, it was recommended that coaches should encourage their athletes to be aware of the scoring dynamic. What is a strategy that coaches can use to help athletes understand this scoring dynamic?:
- A. Teach athletes to go for the high percentage, safe kick and leave the theatrics to others.
 - B. Establish an offensive strategy to prevent scoring opportunities for the opponent.
 - C. Teach athletes to strengthen their weaknesses to minimize the holes in their game.
 - D. Avoid penalties.
 - E. All of the above.
11. After reviewing the information on the Competition Rules, which of the following divisions would apply the *Junior Safety Rules*?:
- A. The 6 – 7 year old Black Belt division at the National Qualifiers.
 - B. The 14 - 17 World Class Black Belt division at the Junior Olympic Championships.
 - C. The 8 - 9 year old Black Belt division at the National Qualifiers.
 - D. The Senior Green Belt division at the U.S. National Championships.
 - E. The 10 – 11 year old Red Belt division at the Junior Olympics.
12. The following question pertains to the *Competition Rules*. All of the following statements are **true, except**:
- A. Valid head shots will be awarded at least 3 points.
 - B. Valid points shall be immediately recorded and publicized.
 - C. In the event of a tied score after the completion of the 4th round, the winner shall be decided by superiority of all refereeing officials. The final decision shall be based on the initiative shown during the 4th round.
 - D. A match shall be stopped if the point differential between the competitors is 12 points or more after the first round.
 - E. 14-17 year old and Senior Black belts are required to wear Taekwondo gloves.

13. According to the CIDP Description Page, which of the following statements is **false**?
- A. A Grandmaster does not require any coaching certification and only needs to take the Coaches' Edge seminar in order to sit in the coaches' chair at a USAT sanctioned event.
 - B. An individual must be a USAT certified referee in order to referee at a USAT sanctioned event.
 - C. A coach who is a red belt in Taekwondo and has Level 1 certification has protest rights at USAT sanctioned events.
 - D. The composition of the Competition Supervisory Board consists of 1 Chair and fewer than 6 members plus the Technical Delegate.
 - E. A coach who is a third DAN Black belt in Taekwondo and is an Associate Coach has protest rights at USAT sanctioned events.

14. According to the USA Taekwondo *Coach Development Pipeline*, in which phase of development is a coach expected to teach a certain level of instinctive awareness and to understand the various technical, tactical, mental, physical, and physiological components that are necessary to be successful in international Taekwondo competition?

- A. Introductory
- B. Fundamental
- C. High Performance
- D. World-Class
- E. Elite

15. During a contest, a referee may suspend the match and immediately declare a "Kyong-go" or "Gam-jeom" penalty on the coach's contestant for the following:

- A. The coach leaves the coach's chair for any reason (including standing up).
- B. The coach tries to talk back to the referee or judges.
- C. The coach makes any comment about the referees.
- D. The coach is guilty of a serious violation of any kind.
- E. All of the above.

16. The following question pertains to the article entitled, *Problems in the Identity and Philosophy of T'aegwondo and their historical Causes*:

What aspect of Taekwondo was originated in Korea that gave it a distinct identity from karate?

- A. Development of Competition structure
- B. Incorporation of forms (P'umse or Hyung)
- C. Breaking (Kyukpa)
- D. Self-defense techniques

17. According to the *USAT Athlete Development Pipeline*, in which phase of athlete development is the athlete introduced to the sport of Taekwondo and taught the basic fundamentals necessary to succeed in the sport?

- A. Introductory
- B. Developmental
- C. High Performance
- D. World-Class

18. Based on the *Competition Rules*, the following list of choices are considered to result in a “Kyong-go” penalty with the **exception** of:

- A. Attacking a fallen opponent.
- B. Evading by turning the back to the opponent.
- C. Crossing the boundary line with both feet.
- D. Falling down.
- E. Avoiding the match.

19. According to the section regarding *Olympic Sport Taekwondo Objectives*, what is the most important element to keep in mind when coaching strategic taekwondo?

- A. Develop an elaborate plan to address every conceivable way to score
- B. Design strategies that allow the athlete to execute more kinks than the opponent
- C. The best defense is a good offense
- D. Focus on the simplicity of scoring and not being scored upon

20. Based on the *Competition Rules*, the following lists of choices are considered to be prohibited acts resulting in a “Gam-Jeom” penalty, **except** for:

- A. Attacking a fallen opponent
- B. Intentionally attacking the opponent’s face with the hand
- C. Attacking the opponent after “Kal-yeo”
- D. Interrupting the progress of the match on the part of the contestant or a coach
- E. None of the above – they will all result in a “Gam-Jeom” penalty