

Progress Monitoring Probe 14

Tae Kwon Do

There is a kind of martial art that began many years ago in Korea. It is called tae kwon do. The name means “the art of hand and foot fighting.” It is one of the most popular martial arts in the world.	13 27 40 42
People of all ages, young and old, are welcomed as students.	53
Working with a teacher, they learn a series of fighting moves.	64
Many of the moves involve dramatic kicks. The kicks are often done while jumping and spinning. After students learn the moves, they practice them. This might mean fighting with other students in a controlled manner. Some students even break boards or other thick materials in practice!	75 84 94 103 110
Students learn more than just moves. They learn courtesy, determination, and self-control as well as loyalty to country, friends, and school. It also teaches the importance of respect for family, teachers, and elders. In fact, the goal of tae kwon do is to build a more peaceful world. It does this by helping one student at a time become healthy, happy, and more well-rounded.	119 129 140 154 166 176
In classes and at contests, students and teachers wear a white, loose-fitting uniform. Each uniform has a belt. The color of the belt shows the person’s rank, or level of skill. Beginners wear white belts. By passing tests, students earn different colored belts. They progress through yellow, green, blue, and red belts. The highest rank is the black belt. People who wear black belts are considered experts. It takes years of practice and instruction to achieve a black belt.	187 199 210 219 229 241 251 256
For over thirty years, tae kwon do has been practiced as a competitive sport. Those competing wear protective gear to	268 276

Tae Kwon Do (Continued)

prevent injuries. Judges decide how well people perform their moves, break boards, and fight competitors. Recently, tae kwon do has become so popular that it is now an official Olympic sport.	285 294 306 307
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Total words: _____ – errors: _____ = words correct: _____

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