EXERCISES



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CUTTING

Let's see how much you *really* know about cutting hair! Answer true or false to the following questions.

		ANSWER			
Q1	The advantages of dry cutting includes seeing how the hair falls naturally and observing the style's shape as it is created.	TRUE	X	FALSE	
Q2	The hair should be damp when using thinning scissors, a razor and clippers.	TRUE		FALSE	X
Q3	When cutting Type 3C hair that is always worn straight, you should consider shampooing and styling the hair straight before cutting.	TRUE	X	FALSE	
Q4	Tension should be increased around the ears to achieve an even one length solid form.	TRUE		FALSE	X
Q5	The degree of graduation and hair movement will influence the shape of the short graduated form.	TRUE	X	FALSE	

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BARBERING

Think you know barbering? Test your barbering knowledge by having a go at the following multiple-choice questions.

Q1	Which cutting tool is recommended for clients prone to ingrown hairs when using a razor is not recommended?	Ans.
A	Tapper clipper	
B	Electric shaver	✕
C	Fading clipper	
D	Taper scissors	

Q2	Trimmer blades fall under two main styles, which are:	Ans.
A	Square straight and T-shaped blades	✕
B	Round shaped and L-shaped blades	
C	Diamond shaped and L-shaped blades	
D	Square shaped and round-shaped blades	

Q3	Electric clippers have one of three general types of motors, which include all of the following motors EXCEPT:	Ans.
A	Pivot	
B	Rotary	
C	Magnetic	
D	Convectional	✕

Q4	Which finger should be placed in the finger grip to control the still blade when holding scissors?	Ans.
A	Ring	✕
B	Pinky	
C	Index	
D	Thumb	

Q5	As it cuts the hair, the movable blade of the clippers moves:	Ans.
A	Up and down	
B	To the left only	
C	To the right only	
D	From side to side	✕



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COLOURING

Let's see how much you *really* know about colouring! The following statements are either True or False. Read the statements below, and then select whether you think they are True or False statements.

		ANSWER			
Q1	Colour-blocking can create looks with subtle or bold results to meet client requirements and enhance the haircut.	TRUE	✕	FALSE	

		ANSWER			
Q2	Skin tone, facial features and hair movement are not all influencing factors for a colour-blocking service.	TRUE		FALSE	✕

		ANSWER			
Q3	Colour-blocking placement can include using back-to-back slicing and weaving techniques.	TRUE	✕	FALSE	

		ANSWER			
Q4	The location where an obvious difference between two colours occurs along a hair strand is called the line of demarcation.	TRUE	✕	TRUE	

		ANSWER			
Q5	Colour-blocking trends include Money Piece, Dip Dye and Peekaboo Colour.	TRUE	✕	TRUE	

		ANSWER			
Q6	When using a face-framing technique, a tip for creating a soft perimeter is to weave the hair at the front hairline.	TRUE	✕	TRUE	



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HAIRCARE

Test your haircare knowledge by having a go at the following multiple-choice questions.

Q1	Which one of the following shampoo ingredients will benefit damaged hair?	Ans.
A	Zinc pyrithione	
B	Coconut	
C	Proteins	X
D	Citrus (Lemon)	

Q2	What is the correct procedure for detangling wet hair to prevent hair damage?	Ans.
A	Start at the crown, working from roots to ends using a wide-tooth comb	
B	Start at the crown, working from roots to ends using a bristle brush	
C	Start at the nape, working from ends to roots using a wide-tooth comb	X
D	Start at the nape, working from roots to ends using a bristle brush	

Q3	A shampoo containing plant oil would be suitable for a client with	Ans.
A	Dry hair	X
B	Normal hair	
C	An oily scalp	
D	Product build-up	

Q4	Which one of the following describes the recommendation for a client with pityriasis capitis (a dry scalp condition)?	Ans.
A	Haircuts and conditioning treatments	
B	To visit their GP	
C	A course of strengthening treatments	
D	Specialist shampoos and scalp treatments	X

Q5	Which one of the following is NOT a reason for using a clarifying shampoo?	Ans.
A	When the hair is dirty	
B	When the hair has product build-up	
C	When preparing the hair for a chemical service	
D	When shampooing the hair following a colour service	X



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