



# ELITE TAEKWONDO CENTER

Since 2007



## PROMOTIONAL EXAM REQUIREMENTS

### - Advance Blue Belt Test -

#### 1. (Junbi) Ja Ki So Gae (자기소개) – Introduce yourself

My name is (your name). I am currently holding **Blue Belt**. I am testing for **Advance Blue Belt**, Sir/Ma'am!

#### 2. Ki Bon Dong Jak (기본 동작) – Basic Movements

- 2 x Ready Stance / Basic 5 horse stances & Basic movement number 8 (Du Sonnal Arae Makki)

#### 3. Ki Bon Bahl Chagi (기본 발차기) – Basic Kicks

- Basic 5 sparring stances
- Double punch
- 2 x Jumping and Popup side kicks
- 2 x Jumping and Popup back kicks
- 2 x Jumping and Popup push kicks

#### 4. Step Sparring – N/A

#### 5. Poomse (품세) – Form: Taegeuk 6 Jang (19 movements)

#### 6. Gyuk Pa (격파) - Breaking: Assigned by Judge

#### 7. Yi Rone (이론) – Knowledge *(All answers must be completed with Sir!)*

##### Principle:

Q1: What are the three reasons for ki-hoping in Martial Arts?

**A1: Confidence, Courage, and Concentration, Sir/Ma'am!**

Q2: Why is school important?

**A2: It makes my mind strong and makes me smarter, so become a better person, Sir/Ma'am!**

Q3: What is Home Rule number nine?

**A3: I will strive to develop my mind, body and spirit, Sir/Ma'am!**

##### Taekwondo Korean Terminology:

Q1: How do you say “Outward Face Block and Body Punch” in Korean?

**A1: Olgul Bakkatmakko, Momtong Jireugi, Sir/Ma'am!**

Q2: How do you say “Single knifehand twist block” in Korean?

**A2: Hansonnal olgul bitureomakki, Sir/Ma'am!**

Q3: Count to twenty to thirty in Korean?

**A3: 21-Sumul-hana 22-Sumul-dul 23-Sumul-set 24-Sumul-net 25-Sumul-dasut 26-Sumul-yasut 27-Sumul-ligop 28-Sumul-yodul 29-Sumul-ahop 30-Suhreun**

#### 8. Attendance (출석일수) - Minimum 24 classes