



# ELITE TAEKWONDO CENTER

Since 2007



## PROMOTIONAL EXAM REQUIREMENTS

- Advance Purple Belt -

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

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

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

- 2 x Ready Stance / 2 x 5 Accounts Basic Horse Stance
- Basic Movement Number 5 (Ollyeo Makki = Eolgul Makki)

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

- 5 Accounts Basic Sparring Stance                      • Double punch
- 4 x Sliding Side kick & Double punch    • 4 x Sliding Axe kick & Double punch
- 4 x Sliding Back Kick & Double punch

### 4. Poomse (품세) – Form: Taegeuk 3 jang and 4 jang

|                 |  |
|-----------------|--|
| Age 7 and Under | Taegeuk 3 jang (all) or Taegeuk 4 (14 movements) |
| Age 8 and Up    | Taegeuk 4 jang (all)                             |

### 5. Gyuk Pa (격파) – Breaking: Assigned by Judge

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

#### Principle:

Q1: How do you say, “How are you?” and “Thank you”?

A1: “How are you” is “An Nyung Ha Shim Nee Ka” and  
“Thank you” is “Kam Sa Hap Nee Da”, Sir/ Ma’am!

Q2: Why do you yell in Taekwon Do?

A2: To develop spirit, 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 “Double Knife hands block” in Korean?

A1: Doo sonnal makkhi, Sir/Ma’am!

Q2: How do you say “straight spear finger thrust” in Korean?

A2: Pyun sohn ggeut jjereugi Sir/Ma’am!

Q3: How do you say “Back fist” in Korean?

A3: Deungjumeok apchigi Sir/Ma’am!

Q4 : Count to ten to twenty in Korean?

A4: 11- Yul- hana, 12- Yul-dul, 13- Yul-set, 14- Yul-net, 15- Yul-dasut, 16- Yul-yasut, 17- Yul-ligop, 18- Yul-yodul ,19- Yul-ahop, 20-sumul Sir!



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7. Attendance (출석일수): Minimum 16 classes