



ELITE TAEKWONDO CENTER

Since 2007



PROMOTIONAL EXAM REQUIREMENTS

Advance Red Belt

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

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

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

- 2 x Ready Stance
- 2 x Basic 5 Accounts Horse Stance
- Basic Movement Number 11 (Jebi poom mok chigi)

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

- Basic 5 Accounts Sparing Stance
- Double punch
- Side kick combination with double punch
- Back kick combination with double punch

4. Step Sparing: Running Step Sparing

5. Poomse (품세) – Form: Taegeuk 8 jang (27 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 types of self-defense?

A1:

- **Physical self defense** – we can protect our body with Taekwondo blocking, punching and kicking techniques.
- **Health self defense** – By practicing Taekwondo, we can build our immune system which will enable us to defend our body from colds and other illnesses.
- **Social self defense** – By earning higher belt ranks, we can build our confidence which will help us to increase our self-esteem, Sir/Ma'am!

Q2: Why do you practice breaking techniques?

A2: We practice breaking techniques to develop power, precision, concentration and to test the effectiveness of the techniques, Sir/Ma'am!

Q3: What is the best way to teach Taekwondo philosophy?

A3: The best way to teach philosophy is by being an example, Sir/Ma'am!



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Taekwondo Korean Terminology:

Q1: How do you say “Middle section opening block” in Korean?

A1: Momtong hechomakki, Sir/Ma’am!

Q2: How do you say “Pulling high section uppercut” in Korean?

A2: Dangkyo teokjireugi , Sir/Ma’am!

Q3: How do you say “single hand mountain block” in Korean?

A3: Wae santeulmakki , Sir/Ma’am!

Q5: Count to thirty to forty in Korean?

A5: 30-Suhreun 31-Suhreun-hana 32-Suhreun-dul 33-Suhreun-set 34-Suhreun-net 35-Suhreun-dasut 36-Suhreun-yasut 37-Suhreun-ligop 38- Suhreun-yodul 39- Suhreun-ahop 40-maheun,

8. Attendance (출석일수): Minimum 24 classes