



ELITE TAEKWONDO CENTER

Since 2007



PROMOTIONAL EXAM REQUIREMENTS

- Advance Yellow Belt Test -

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

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

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

- 2 x Ready Stance
- 2 x 5 Accounts Basic 5 Horse Stance & Basic 5 Punch
- Basic Movement:

Age 7 and under	Number 1
Age 8 and Up	Number 1 & 2

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

- 5 Accounts Basic Sparring Stance / Double punch
- 4 x Side kick 4 x Axe- kick

4. Poomse (품세) – Form: Taegeuk 1jang (18 movements)

Age 7 and under	Taegeuk 1 jang (only 12 movements)
Age 8 and Up	Taegeuk 1 jang (18 movements)

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

6. Yi Rone (이론) – Knowledge (All answers must be completed with Sir/Ma'am!)

Principle:

Q1: What does Taekwondo mean?

A1: Tae means foot or kicking, Kwon implies hand, fist, or punch, Do means art or way, Sir/Ma'am!

Q2: What is your master name?

A2: Master Kwangil Bae, Sir/Ma'am!

Q3: What is Home Rule number three?

A3: I will strive to have a good relationship with my brothers and sisters, Sir/Ma'am!

Taekwondo Korean Terminology:

Q1: How do you say "Side Kick" in Korean?

A1: Yup chagi, Sir/Ma'am!

Q2: How do you say "X - Kick" in Korean?

A2: Naelyel chagi Sir/Ma'am!

Q3: Count to ten in Korean?

A3: 1-Hana

2-Dul

3-Set

4-Net

5-Dasut

6-Yasut

7-Iigop 8-

Yodul

9-Ahop

10-Yul, Sir!



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7. Attendance (출석일수): Minimum 16 classes