



ELITE TAEKWONDO CENTER

Since 2007



PROMOTIONAL EXAM REQUIREMENTS

- Blue Belt -

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

My name is (your name). I am currently holding **Green Belt**. I am testing for **Blue 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 7 (Hansonnal Arae Makki)

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

- 5 Accounts Basic Sparring Stance
- Double punch
- 2 x Jumping & Pop up Front kick with double punch
- 2 x Jumping & Pop up Swing kick with double punch

4. Step Sparring: NA

5. Poomse (품세) – Form: Taegeuk 5 Jang (20 movements)

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

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

Principle:

Q1: What is the philosophy of Martial Artist?

A1: Jung Shin IL Do Ha Sah Bul Sung, Sir/Ma'am!

Q2: How is success achieved in Martial Arts?

A2: By hard work and determination, Sir/Ma'am!

Q3: What is Home Rule number five?

A3: I will keep my hair, teeth, body and clothing clean every day.

Taekwondo Korean Terminology:

Q1: How do you say “hammer fist pounding hit” in Korean?

A1: Mejumeok naeryochigi, Sir/Ma'am!

Q2: How do you say “Turning Elbow Strike” in Korean?

A2: Palkup dollyochigi, Sir/Ma'am!

Q3: How do you say “Inward elbow strike” in Korean?

A3: Palkup pyojeokchigi, Sir/Ma'am!

Q4: How do you say “Rear cross stance” in Korean?

A4: Dwikkoaseogi, Sir/Ma'am!

8. Attendance (출석일수): Minimum 24 classes