



# ELITE TAEKWONDO CENTER

Since 2007



## PROMOTIONAL EXAM REQUIREMENTS

### - Brown Belt Test -

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

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

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

- 2 x Ready Stance / 5 Accounts Basic Horse Stance / Basic Movement Number 7, 8, and 9

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

- 5 Accounts Basic Sparring Stance
- Double punch
- 2 x Jumping & Pop up Front kick / Swing kick / Side kick / Back kick / Push kick / Axe kick with double punch

#### 4. Step Sparring: N/A

#### 5. Poomse (품세) – Form

Taegeuk 5 jang and Taegeuk 6 jang

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

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

##### Principle:

Q1: Can you please define self-control?

**A1: To have control of my emotions, not so show anger frustration, or fear, Sir/Ma'am**

Q2: Why do we take a test?

**A2: We test to further our knowledge of Martial Arts, 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 “Palm heel middle section block” in Korean?

**A1: Batangson momtong makki, Sir/Ma'am!**

Q2: How do you say “X high block” in Korean?

**A2: Olgul otgoreo makki, Sir/Ma'am!**

Q3: How do you say “Outward Face Blocking and Middle Punch” in Korean?

**A3: Olgul bakkat makko, Momtong Jireugi, Sir/Ma'am!**

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