



ELITE TAEKWONDO CENTER

Since 2007



PROMOTIONAL EXAM REQUIREMENTS

- Green Belt -

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

My name is (your name). I am currently holding **Advance Purple Belt**. I am testing for **Green 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 4, 5, and 6 (Hechyeo Makki)

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

- 5 Accounts Basic Sparring Stance
- 4 x Sliding Front kick
- 4 x Sliding Swing kick
- 4 x Sliding Push kick
- Double punch
 - 4 x Sliding Side kick
 - 4 x Sliding Back kick
- 4 x Sliding Axe kick

4. Step Sparring: N/A

5. Poomse (품세) – Form: Taegeuk 3 jang & 4 jang

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

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

Principle:

Q1: Why do you bow?

A1: **To show sincerity of respect, 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 three?

A3: **I will strive to have a good relationship with my brothers and sisters.**

Taekwondo Korean Terminology:

Q1: How do you say “straight spear finger thrust” in Korean?

A1: **Pyonsonkkeut sewotzireugi Sir/Ma'am!**

Q2: How do you say “Outward middle block” in Korean?

A2: **Momtong bakkatmakki Sir/Ma'am!**

8. Attendance (출석일수): Minimum 16 classes