



ELITE TAEKWONDO CENTER

Since 2007



PROMOTIONAL EXAM REQUIREMENTS

- Purple Belt Test -

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

My name is (your name). I am currently holding Orange Belt. I am testing for Purple 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

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

- 5 Accounts Basic Sparring Stance
- Double punch
- 4 x Sliding Front kick & Double punch
- 4 x Sliding Swing kick & Double punch

4. Poomse (품세) – Form: Taegeuk 3jang (20 movements)

Age 7 and Under	Taegeuk 2 jang (all) or Taegeuk 3 jang (12 movements)
Age 8 and Up	Taegeuk 3 jang (18 movements)

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

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

Principle:

Q1: What is the goal of a Elite Taekwondo Center (Palo Alto Martial Art) Student?

A1: **To become a black belt, 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 seven?

A3: **I will not act interrupt adult's conversations, Sir/Ma'am!**

Taekwondo Korean Terminology:

Q1: How do you say "Double punch" in Korean?

A1: **Doo bun Jireugi, Sir/Ma'am!**

Q2: How do you say "One knife hand block in Korean?

A2: **Han Sonnal Makki, Sir/Ma'am!**

Q3: How do you say "Knife hand attack" in Korean?

A3: **Sonnal chigi, Sir/Ma'am!**

Q4: How do you say "cat stance" in Korean?

A4: **Dwit koo bi, Sir/Ma'am!**



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7. Attendance(출석일수): Minimum 16 classes