



ELITE TAEKWONDO CENTER

Since 2007



PROMOTIONAL EXAM REQUIREMENTS

- Red Belt Test -

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

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

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

- 2 x Ready Stance / Basic 5 Accounts Horse Stance
- Basic Movement Number 10 (Sonnal Momtong Makki)

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

- Basic 5 Accounts Sparing Stance
- Double punch
- Front Kick Combination with double punch
- Swing Kick Combination Kick with double punch

4. Step Sparring: N/A

5. Poomse (품세) – Form: Taegeuk 7 Jang (25 movements)

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

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

Principle:

Q1: What do you need to become a leader?

A1: Honesty, responsibility, and dedication, Sir/Ma'am!

Q2: What are the three basic points when delivering a technique in Martial Arts?

A2: Eye – focus, Control – Balance, and Confidence - Loud Ki Hop, Sir/Ma'am!

Q3: What is Home Rule number six?

A3: I will abide by my parent's decisions without arguing

Taekwondo Korean Terminology:

Q1: How do you say “Tiger stance” in Korean?

A1: Beomseogi, Sir/Ma'am!

Q2: How do you say “Double knifehand low section” in Korean?

A2: Doo sonnal arraemakki Sir/Ma'am!

Q3: How do you say “Scissors block “in Korean?

A3: Kawimakki, Sir/Ma'am!

Q4: How do you say “Covered Fist “in Korean?

A4: Bojumeok, Sir/Ma'am!

8. Attendance (출석일수) : Minimum 24 classes