



ELITE TAEKWONDO CENTER

Since 2007



PROMOTIONAL EXAM REQUIREMENTS

- Yellow Belt Test -

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

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

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

- 2 x Ready Stance
- 2 x 5 Accounts Basic Riding Horse Stance & Basic 5 Punch

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

- 5 Accounts Basic Sparring Stance
- Double punch
- 4 x Ap chagi (Front kick) and Double Punch
- 4 x Dollyo chagi (Swing kick) and Double Punch

4. Breaking (격파): Assigned by Judge

5. Yi Rone (이론) – Knowledge

(All answers must be completed with Sir/Ma'am!)

Principle

Q1: What do you learn at this school?

A1: **Taekwondo, Sir/Ma'am!**

Q2: What is the name of your Martial Arts School?

A2: **Elite Taekwondo Center/Palo Alto Martial Arts, Sir/Ma'am!**

Q3: What is Home Rule number eight?

A3: **I will not act in a rudely manner at home or school.**

Taekwondo Korean Terminology

Q1: How do you say “Front Kick” in Korean?

A1: **Ap Chagi, Sir/Ma'am!**

Q2: How do you say “Swing Kick” in Korean?

A2: **Dollyo chagi, Sir/Ma'am!**

6. Attendance (출석일수)

Minimum 16 classes or less (Master/Instructor's decision)