

# Promotion Exam Questions

*For Current Green Belt and Sr. Green Belt*

## Child Green Belt Question (age 7 – 12)

1. How many times a week should you attend Taekwondo class?

**At least two times a week so that I can be successful both in technique and character, Sir/Ma'am!**

2. What should you do if you are busy with school or play another sport?

**Attend at least one class a week so I don't forget what I learned so far, Sir/Ma'am!**

3. What should you do if you are going to miss more than 2 weeks of classes?

**Tell my instructor so they can help my class and technique stay on schedule, Sir/Ma'am!**

4. What is part of the Student's Code of Honor?

**Respect each other. Be honest, Sir/Ma'am!**

5. What is name of your poomse?

**Open Answer**

## Child Sr. Green Belt Question (age 7 – 12)

1. How does taking a belt test help you?

**It helps me overcome being nervous and builds my confidence, Sir/Ma'am!**

2. What would you do if you ever failed a belt test?

**Practice harder and focus on improving for next time, Sir/Ma'am!**

3. What should you do if you cannot make the regular test?

**Let my instructor know and schedule to attend make up testing, Sir/Ma'am!**

4. What is part of the Student's Code of Honor?

**Be patient with others. Help each other, Sir/Ma'am!**

5. What is name of your poomse?

**Open Answer**

## Adult Green Belt Question (age 13 – Up)

1. Why do you need to keep your back leg straight when performing big stance?

**I keep my leg straight so if an opponent strikes from behind my knee will bend not break, Sir/Ma'am!**

2. What part of the foot do you use in the Sliding Up and Down Kick?

**Ball of the foot or the back heel, Sir/Ma'am!**

3. What is part of the Student's Code of Honor?

**Respect each other. Be honest, Sir/Ma'am!**

4. What is name of your poomse?

**Open Answer**

## Adult Sr. Green Belt Question (age 13 – Up)

1. What are the possible targets for inside knife hand attack?

**Neck, Face, and Temple Sir/Ma'am!**

2. What is the purpose of double up & down kick?

**To create more power and height to reach targets that would otherwise be out of reach, Sir/Ma'am!**

3. What is part of the Student's Code of Honor?

**Be patient with others. Help each other, Sir/Ma'am!**

4. What is name of your poomse?

**Open Answer**