

Promotion Exam Questions

For Current Purple Belt and Sr. Purple Belt

Little Tiger Purple Belt Question (age 4 – 7)

1. What is Children's Home Rule #5?

Children will keep their hair, body, and teeth clean daily, Sir/Ma'am!

2. Why do you need to wash your hands before you eat?

So that I don't get sick, Sir/Ma'am!

3. What is your favorite Taekwondo Kick (*pick one*)?

Front Snap Kick or Up & Down Kick or Roundhouse Kick, Sir/Ma'am!

Little Tiger Sr. Purple Belt Question (age 4 – 7)

1. What is Children's Home Rule #6?

Children will not interrupt Adult conversations, Sir/Ma'am!

2. What is your home address?

Child's street address here.

3. What is your favorite Taekwondo block (*pick one*)?

Low Block or High Block or Inside Body Block, Sir/Ma'am

Child Purple Belt Question (age 7 – 12)

1. How can you earn a Red Stripe?

By listening, focusing and following directions of my teachers at school, Sir/Ma'am!

2. How can you earn a Yellow Stripe?

By listening to my parents right away, Sir/Ma'am!

3. Why is it important to earn all 5 stripes on every belt?

It helps me to develop good habits and become a black belt in Taekwondo, Sir/Ma'am

4. Who can remove a stripe from your belt if you do not listen or follow directions?

My parents and Taekwondo instructor, Sir/Ma'am!

5. How can taking a belt test build your confidence?

After each test, I trust myself more to perform well in front of other people, Sir/Ma'am!

Adult Purple Belt Question (age 13 – Up)

1. Why do you yell (*kiyop*) when performing Taekwondo techniques?

Yelling maximizes my focus and power as well as helping to relieve stress, Sir/Ma'am!

2. Why is daily stretching an important part of Taekwondo?

Flexibility allows for more powerful and varied attacks and allows me to prevent injuries, Sir/Ma'am!!

3. Why is it important to follow Dojang Etiquette and Taekwondo Chung Shin?

To maximize my learning and Taekwondo technique, Sir/Ma'am!

To keep the dojang a safe and fun place to learn my techniques, Sir/Ma'am!

4. What part of the foot should you hit with for side kick?

The heel and back side of the foot, Sir/Ma'am!

5. What is name of your Poomse?

Open Answer