

Promotion Exam Questions

For Current Red Belt and Sr. Red Belt

Child Red Belt Question (age 7 – 12)

1. Why is Taekwondo the most popular martial art in the world?

Because Taekwondo strengthens *both* technique *and* character, creating balance Sir/Ma'am!

2. What is the best way to show Taekwondo to other people?

By using our Taekwondo manners to be a good example in listening, focus, & following directions, Sir/Ma'am!

3. Why is Taekwondo a highly effective form of self-defense?

Because legs are stronger and can reach farther, and scientific research has made the techniques faster, more effective, and extremely powerful, Sir/Ma'am!

4. What part of the foot should you hit with for roundhouse kicks?

The top of the foot for targets and sparring, and the ball of the foot for breaking boards, Sir/Ma'am!

5. What is the name of your Poomse?

Tae-Guk Chil Jang, Sir/Ma'am!

Child Sr. Red Belt Question (age 7 – 12)

1. Why should every student earn their black belt in Taekwondo?

It takes that long for techniques and good behavior to become a permanent part of a student, Sir/Ma'am!

2. What does earning a black belt teach us?

To believe in myself, to never give up, and that I can achieve my goals, Sir/Ma'am!

3. Why is it important to continue Taekwondo after achieving your Black Belt?

Because as a color belt I was learning all my basic techniques and as a black belt I need to learn how to use those techniques in combinations, Sir/Ma'am!

4. What are some key points to consider when performing poomse?

Eye focus, center of balance, speed, and breathing Sir/Ma'am!

5. What is the name of your Poomse?

Tae-Guk Pal Jang, Sir/Ma'am!

Adult Red Belt Question (age 13 – Up)

1. What is the purpose of tiger stance?

Defense, while at the same time preparing to attack forward, Sir/Ma'am!

2. Why do you spin while performing turning roundhouse kick?

To avoid an attack and to generate power for counterattack, Sir/Ma'am!

3. What part of the foot should you hit with for roundhouse kicks?

The top of the foot for targets and sparring, and the ball of the foot for breaking boards, Sir/Ma'am!

4. What is the name of your Poomse?

Tae-Guk Chil Jang, Sir/Ma'am!

Adult Sr. Red Belt Question (age 13 – Up)

1. Why do we use KeumGang stance?

To defend our body while blocking all areas of our body using both hands, Sir/Ma'am!

2. When is the best time to use the jump back kick?

To counterattack an opponent that is using a sliding roundhouse, Sir/Ma'am!

3. What are some key points to consider when performing poomse?

Eye focus, center of balance, speed, and breathing Sir/Ma'am!

4. What is the name of your Poomse?

Tae-Guk Pal Jang, Sir/Ma'am!