

# 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?

**Open Answer**

## 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?

**Open Answer**

## 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?

**Open Answer**

## 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?

**Open Answer**