

# Promotion Exam Questions

*For Current 1Dan Level 0 and 1*

## Children Level 0 Question (age 7-12)

1. Why should you continue to train after you reach your Black Belt?

**If I don't continue to practice, I will lose the skills and benefits of Taekwondo, Sir/Ma'am!**

2. How is black belt training and color belt training different?

**As a color belt we learn basic coordination and movements, now we must practice these movements until they are second nature, Sir/Ma'am!**

3. What is one way to be a good example to the color belts?

**Focus intently and practice to the utmost of my ability every single class, Sir/Ma'am!**

4. What does "Koryo" (the name of your poomse) mean?

**It means "Korea," the country of Taekwondo's origin, Sir/Ma'am!**

5. What is part of the Student's Oath?

**I realize what the spirit of Taekwondo represents and will obey the instructions of the teachers above me, Sir/Ma'am!**

## Adult Level 0 Question (age 13-Up)

1. What does the term Palgwe mean?

**It refers to 8 different powers, each of which is demonstrated in the Palgwe poomses, Sir/Ma'am!**

2. What does the Palgwe Il Jang poomse represent?

**It represents the concept of "Heaven" or "Sky" and is symbolic of the beginnings of life, Sir/Ma'am!**

3. What is one way to be a good example to the color belts?

**Focus intently and practice to the utmost of my ability every single class, Sir/Ma'am!**

4. What does "Koryo" (the name of your poomse) mean?

**It means "Korea," the country of Taekwondo's origin, Sir/Ma'am!**

5. What is part of the Student's Oath?

**I realize what the spirit of Taekwondo represents and will obey the instructions of my teachers, Sir/Ma'am!**

## Children Level 1 Question (age 7-12)

1. When is it okay to use your Taekwondo kicking or punching for self-defense?

**When there isn't any other choice such as blocking or running, Sir/Ma'am!**

2. How is black belt training and color belt training different?

**As a color belt I practiced in class to memorize my techniques, Sir/Ma'am!**

**As a black belt I must practice in class and on my own so that my technique is a higher level, Sir/Ma'am!**

3. What is one way to be a good example to the color belts?

**Always address everyone as Sir or Ma'am regardless of age or rank, Sir/Ma'am!**

4. What does Koryo poomse symbolize?

**The poomse pattern is the Korean/Chinese symbol representing a learned person, who is characterized by a strong martial spirit as well as a person of virtue, Sir/Ma'am!**

## Adult Level 1 Question (age 13-Up)

1. What does the Palgwe E Jang poomse represent?

**It represents the concept of joyfulness, and its movements are applied when the practitioner is in a gentle, yet strong state of mind, Sir/Ma'am!**

2. What does Koryo poomse symbolize?

**The poomse pattern is the Korean/Chinese symbol representing a learned person, who is characterized by a strong martial spirit as well as a person of virtue, Sir/Ma'am!**

3. Who were the HwaRang?

**The HwaRang consisted of groups of military youths who developed Taekkyon, the precursor of Taekwondo, over 2000 years ago, Sir/Ma'am!**

4. What traits did the Hwarang embody that are still present in today's Taekwondo philosophy?

**The Hwarang had to be people of character, virtue, and countenance, Sir/Ma'am!**