

# Promotion Exam Questions

*For Current Blue Belt and Sr. Blue Belt*

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

1. What two things can you compete in at tournaments?

**Poomse and Sparring Sir/Ma'am!**

2. How can tournament experience help my techniques?

**It allows me to evaluate my technique's strengths and weaknesses. Sir/Ma'am!**

3. How can tournament experience help you in life?

**It helps me build self-confidence and the ability to perform under stress, Sir/Ma'am!**

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

**Always stand by the weak. Be loyal to yourself and your family, Sir/Ma'am!**

5. What is the name of your poomse?

**Tae-Guk Sam Jang, Sir/Ma'am!**

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

1. What is expected of Beginner students?

**The Taekwondo student must focus, listen, & follow right away, Sir/Ma'am!**

2. What is expected of Advanced students?

**Follow directions & complete work without needing reminders. Sir/Ma'am!**

3. What is the best way to improve on our Character Development in Taekwondo?

**By following the 5 stripe program everyday until black belt, Sir/Ma'am!**

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

**Obey and be loyal to your instructor. Be loyal to your Dojang, Sir/Ma'am!**

5. What is the name of your poomse?

**Tae-Guk Sa Jang, Sir/Ma'am!**

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

1. Is back stance a defensive or offensive stance in the blue belt poomse?

**A defensive stance, Sir/Ma'am!**

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

**To close distance and strike the top of the head or face, Sir/Ma'am!**

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

**Always stand by the weak. Be loyal to yourself and your family, Sir/Ma'am!**

4. What is the name of your poomse?

**Tae-Guk Sam Jang, Sir/Ma'am!**

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

1. What is the purpose of side elbow attack?

**To hit the side of the head or face when the target is very close, Sir/Ma'am!**

2. Why is double roundhouse an important kick?

**It distracts my opponent with the first kick creating an opening to hit with the second kick, Sir/Ma'am!**

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

**Obey and be loyal to your instructor. Be loyal to your Dojang, Sir/Ma'am!**

4. What is the name of your poomse?

**Tae-Guk Sa Jang, Sir/Ma'am!**