

# Promotion Exam Questions

*For Current Brown Belt and Sr. Brown Belt*

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

1. What does it mean to have Indomitable Spirit?

**To set a goal and work hard till I achieve it, Sir/Ma'am!**

2. What do you learn when you use Indomitable Spirit?

**I learn to set goals and achieve them in my life and that makes me successful, Sir/Ma'am!**

3. Why does every student need to use Indomitable Spirit to get to their Black Belt?

**Without it we will give up on the goal of Black Belt we set when we started Taekwondo, Sir/Ma'am!**

4. Why do you perform breaking techniques?

**To measure the accuracy of my techniques, Sir/Ma'am!**

5. What is the name of your Poomse?

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

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

1. Why is it important to continue practicing after memorizing your techniques?

**So our techniques become second nature creating speed, relaxation, and power Sir/Ma'am!**

2. Why is it important to relax and use a loud ki-hop while performing your techniques?

**Relaxing and yelling makes my techniques faster and more powerful, Sir/Ma'am!**

3. Why is accuracy more important than power for breaking techniques?

**If I cannot hit the correct target it won't matter how hard I kicked or punched, Sir/Ma'am!**

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

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

5. What is the name of your Poomse?

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

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

1. What is the purpose of cross stance?

**To jump over an obstacle and attack at the same time, Sir/Ma'am!**

2. What part of the hand should you hit with in the hammer fist?

**The side of the fist, Sir/Ma'am!**

3. Why does yelling make your techniques more powerful?

**It relieves stress and allows me to focus on my target, Sir/Ma'am!**

4. Why do you perform breaking techniques?

**To measure the accuracy of my techniques, Sir/Ma'am!**

5. What is the name of your Poomse?

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

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

1. What area of the body does palm block protect from attacks?

**The solar plexus and the lower section of the body, Sir/Ma'am!**

2. What is the purpose of back kick?

**To counter someone moving forward to attack you, Sir/Ma'am!**

3. Why is accuracy more important than power for breaking techniques?

**If I cannot hit the correct target it won't matter how hard I kicked or punched, Sir/Ma'am!**

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

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

5. What is the name of your Poomse?

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