

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?

Open Answer

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?

Open Answer

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?

Open Answer

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?

Open Answer