

Promotion Exam Questions

For Current Orange Belt and Orange Belt

Little Tiger Orange Belt Question (age 4 – 7)

1. What are the Home Rules for Children No.1-3?

See Home Rules for Children, Sir/Ma'am!

2. How can you show good manners?

Always say "Please" and "Thank You." Sir/Ma'am!

Little Tiger Sr. Orange Belt Question (age 4 – 7)

1. What are the Home Rules for Children No.4-6?

See Home Rules for Children, Sir/Ma'am!

2. What is your telephone number?

Child's home telephone number here.

Child Orange Belt Question (age 7 – 12)

1. Why is it important to attend class on a regular basis?

It will help me to gain a healthy body and a strong character, Sir/Ma'am!

2. Why is it important to not stop your Taekwondo training if your life is busy?

I will lose my technique and good habits because they aren't second nature yet, Sir/Ma'am!

3. What is one of the most important things that Taekwondo can teach us?

To always finish what I start, Sir/Ma'am!

4. Why are their different colored belts?

The different colors represent my increase in technique and character as I train, Sir/Ma'am!

5. What is name of your Poomse?

Gi – Cho Sa-Bo (basic form No.4), Sir/Ma'am!

Adult Orange Belt Question (age 13 – Up)

1. What are forms (*poomse*)?

A pattern of defense and offense performed against imaginary opponents, Sir/Ma'am!

2. What is the purpose of practicing forms (*poomse*)?

To develop coordination, balance, and combat technique equally on both sides of the body, Sir/Ma'am!

3. Why should every student practice sparring techniques (*kyorugi*)?

Sparring helps develop my Taekwondo techniques and allows me to better defend my self in a real life situation, Sir/Ma'am!

4. Why are their different colored belts?

The different colors represent my increase in technique and character as I train, Sir/Ma'am!

5. What is the name of your poomse?

Gi – Cho Sa-Bo (basic form No. 4), Sir/Ma'am!