

Promotion Exam Questions

For Current White Belt and Sr. White Belt

Little Tiger White Belt Question

1. What is Children's Home Rule #1?

Children will always be respectful to their Parents, Teachers, and Elders, Sir/Ma'am!

2. What is one way to show respect to your parents?

Listening all the time, Sir/Ma'am!

3. What is your mom or dad's full name?

Say Mom/Dad's first and last name, Sir/Ma'am!

Little Tiger Sr. White Belt Question

1. What is Children's Home Rule #2?

Children will be kind to their Brothers and Sisters, Sir/Ma'am!

2. What is one way to be kind to your brothers and sisters?

Open Answer.

3. What is name of your Taekwondo School?

USTA Martial Arts, Sir/Ma'am!

Child White Belt Question (age 7 – 12)

1. What do you learn at this school?

Taekwondo, Sir/Ma'am!

2. What country is Taekwondo from?

Korea, Sir/Ma'am!

3. Who founded USTA Martial Arts?

Grand Master Uoon Choi, Sir/Ma'am!

4. What is your Instructor's Name?

Open Answer

5. What is the name of your Poomse?

Open Answer

Adult White Belt Question (age 13 – Up)

1. What is the name of our Taekwondo Organization (www.worldtaekwondo.org)?

World Taekwondo, Sir/Ma'am!

2. What does the word Taekwondo mean?

"TAE" means foot or kicking "KWON" means fist or punching "DO" means art or way, Sir/Ma'am!

3. What does Taekwondo consist of?

80% Kicking techniques and 20% Hand techniques, Sir/Ma'am!

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

The top of the foot for target drills and the ball of the foot for breaking boards, Sir/Ma'am!

5. What is the name of your Poomse?

Open Answer