

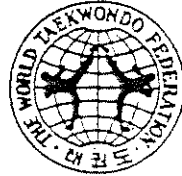


# U.S. TAE KWON DO ACADEMY

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## **PROMOTIONAL EXAM REQUIREMENTS**

### **Questions for Senior Green Belt Test**

*(All answers must be completed with Sir!)*

**1. Q: What are the three types of self defenses?**

**A:** *i. Physical self defense - We can protect our body with Taekwondo blocking, punching, and kicking techniques.*

*ii. Health self defense - By practicing Taekwondo, we can build our immune system which will enable us to defend our body from getting cold and other illnesses.*

*iii. Social self defense - By earning higher belt ranks, we can build confidence which will help us to increase our self-esteem, Sir!*

**2. Q: How does Taekwondo differ from the other martial arts?**

**A:** *i. Karate originated in Japan and uses 50% leg and 50% hand techniques.*

*ii. Kung Fu originated in China and uses soft, circular motion techniques.*

*iii. Judo originated in Japan and uses throwing and falling techniques.*

*iv. Taekwondo originated in Korea and uses 80% leg and 20% hand techniques, Sir!*