



U.S. TAE KWON DO ACADEMY

MASTER J.S. SHIM

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PROMOTIONAL EXAM REQUIREMENTS

Questions for Junior Brown Belt Test *(All answers must be completed with Sir!)*

1. **Q: Do you know why stretching exercises are necessary in Taekwondo?**
A: *Stretching exercises are necessary because flexibility, the result of stretching, promotes youthful agility and a sense of well being. In Taekwondo flexibility allows greater speed in execution of techniques (and so more power) and a greater range of possible targets on an opponent, Sir!*

2. **Q: What part of the foot do you use in kicks?**
A:
 - i. *In the front kick-you use the ball of the foot or instep.*
 - ii. *In the roundhouse kick-you use the ball of the foot or instep.*
 - iii. *In the side kick-you use the side back heel.*
 - iv. *In the back kick-you use the side back heel.*
 - v. *In the back hook kick (wheel kick)-use the back heel or ball of the foot.*
 - vi. *In the in-to-out, out-to-in kick-use the ball of the foot or bottom heel of foot, Sir!*