

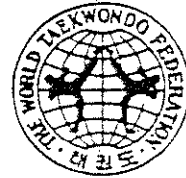


# U.S. TAE KWON DO ACADEMY

**MASTER J.S. SHIM**

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## **PROMOTIONAL EXAM REQUIREMENTS**

### **Questions for Junior Red Belt Test**

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

**1. Q: Do you know the five requisites of physical development in Taekwondo?**

**A:** *The five requisites are:*

- i. contact with natural surroundings*
- ii. contact with diverse physical conditions*
- iii. performing suitable exercises*
- iv. eating suitable nourishment*
- v. getting proper amount of rest, Sir!*

**2. Q: Can you explain the meaning of each color belt?**

- A:**
- i. White belt-signifies something heavier than no belt and the readiness to change color*
  - ii. Yellow belt-signifies the sunrise and opening to receive knowledge*
  - iii. Purple belt-signifies royalty and readiness to receive higher knowledge*
  - iv. Orange belt-signifies strength and endurance to move on to higher level*
  - v. Green belt-signifies the spring, starting to grow and beginning*
  - vi. Blue belt-signifies the sky, youth, and ambition.*
  - vii. Brown belt-signifies the earth or mountains and developing a strong foundation*
  - viii. Red belt-represents the sun-its brightness and energy-the physical acts of the individual*
  - ix. Black belt-contains all colors signifying the deepest and most dense knowledge, the accumulation of all preceding levels, Sir!*