



U.S. TAE KWON DO ACADEMY

MASTER J.S. SHIM

826 E. Fremont Ave. Sunnyvale, CA 94087

(408) 739 - 5511



PROMOTIONAL EXAM REQUIREMENTS

Questions for Black Belt Test

(All answers must be completed with Sir!)

1. Q: Give a brief history of Taekwondo.

A: *Taekwondo is the name of the martial art that was created and developed in Korea over the course of more than 2,000 years. Taekwondo is an art of self-defense that has been scientifically calculated for maximum efficiency of motion and therefore proven to be highly effective.*

2. Q: What are the five Tae Kwon Do spirits?

A: *1. Courtesy - Be polite. Distinguish the instructor from the student, senior from junior and show respect for the others.
2. Integrity - Be able to distinguish what is right from what is wrong and have a conscience to feel guilt.
3. Perseverance - Set a goal and achieve it regardless of the difficulty.
4. Self-Control - Whether conducting ones personal affairs or learning, have a sense of control over what you do.
5. Indomitable Spirit - Have courage even when pitted against overwhelming odds. You are a victor when you have done your best, even if you lose.*