



U.S. TAE KWON DO ACADEMY

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PROMOTIONAL EXAM REQUIREMENTS

Questions for Junior Blue Belt Test

(All answers must be completed with Sir!)

1. Q: What are three basic points to remember in Taekwondo?

A: *Taekwondo's three basic points are:*

- i. Eye focus*
- ii. Good balance*
- iii. Loud, strong Kiyap, Sir!*

2. Q: What are the five points to remember when doing forms?

A: *The five points to remember when doing forms are:*

- i. Both hand twist together- one hand twists out while at the same time the other hand twists in.*
- ii. Both hands pull together- the two hands pull together at the same time.*
- iii. Straight line-your hand should move in a straight line towards your target.*
- iv. Waist power-each block or punch should be delivered using waist power.*
- v. Use accurate distance and angle with explosive impact power, Sir!*