



U.S. TAE KWON DO ACADEMY

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PROMOTIONAL EXAM REQUIREMENTS

Questions for Yellow Belt Test

(All answers must be completed with Sir!)

1. **Q: Why do you yell in Taekwondo?**

A: To develop spiritual strength with concentration, power and confidence, Sir!

2. **Q: What is the bow?**

A: The bow is a Korean form of greeting, Sir!

3. **Q: Why do you bow?**

A: We bow to show sincerity of respect, Sir!

4. **Q: When do you bow?**

A: We bow to the flags when we enter the Do Jang. We bow when we exit the Do Jang. We bow to the master instructor anytime and anywhere we see him. We bow to a higher rank belt and fellow Taekwondo students anytime or anywhere we meet them, Sir!

5. **Q: What are the meaning of the following terminologies?**

<i>A: Charyot:</i>	<i>Attention</i>
<i>Kyung Ryet:</i>	<i>Bow</i>
<i>Kook Ki:</i>	<i>Flag</i>
<i>Sa Bum Nim:</i>	<i>Master Instructor</i>
<i>Muk Nyum:</i>	<i>Meditation</i>
<i>Joon Bee:</i>	<i>Ready Stance</i>
<i>Kiyap:</i>	<i>Yelling</i>
<i>See Jahk:</i>	<i>Begin</i>
<i>Goh Mahn:</i>	<i>Stop</i>
<i>Do Jang:</i>	<i>Discipline School</i>
<i>She Uh:</i>	<i>Rest</i>
<i>Dweero Dorah:</i>	<i>Turn Around</i>
<i>Poomse:</i>	<i>Form</i>