



U.S. TAE KWON DO ACADEMY

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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!*