



U.S. TAE KWON DO ACADEMY

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PROMOTIONAL EXAM REQUIREMENTS

Questions for Senior Brown Belt Test

(All answers must be completed with Sir!)

1. Q: What is the meaning of the American Flag?

A: There are thirteen stripes in American flag, the stripes represent the 13 original colonies. The stars represent the 50 states. The colors stand for:

Red - courage, war and blood

White- truth, freedom, and purity

Blue - justice, loyalty, and ambition, Sir!

2. Q: Why do you meditate?

A: We meditate because meditation is necessary to gather one's spiritual energy(Gi). It helps us to achieve deeper insight, greater awareness, and a feeling of calm relaxation. This serenity can become a habit even in highly stressful situations. In such situations, with the mind cleared of unnecessary distraction, self control is maintained and the proper action can be taken. Also meditation becomes concentration when action is required, Sir!