



# U.S. TAE KWON DO ACADEMY

**MASTER J.S. SHIM**

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## **PROMOTIONAL EXAM REQUIREMENTS**

### **Questions for Senior Red Belt Test**

*(All answers must be completed with Sir!)*

1. **Q: Do you know the names of poomses from kicho irbo through your own poomse?**  
**A: Yes, Sir!**
  
2. **Q: Do you know U.S. TAE KWON DO ACADEMY's rules?**  
**A:**
  1. *Students are to bow respectfully to the flags when entering or leaving the academy and upon the first encounter with your instructor.*
  2. *Address your instructor as "Sa-Bum-Nim" and respond to any any questions or commands from your instructor with "Yes Sir" or "No Sir."*
  3. *Discipline yourself to show respect to your fellow students that hold a higher rank belt.*
  4. *Students should notify instructors in advance of any absence longer than a week period.*
  5. *Horseplay or disrespect of any kind will not be permitted.*
  6. *No food or soft drinks will be permitted during class.*
  7. *Students will wear clean Do Bok(uniform) at all times.*
  8. *No chewing gum or smoking allowed in the academy.*
  9. *Protective equipment is mandatory during sparring.*
  10. *Arrive 10 minutes before the class is to start and warm-up prior to class.*
  11. *Unnecessary noise, talking, or laughing during class will not be permitted.*
  12. *No sparring or breaking is allowed without the instructor's supervision.*
  13. *Remember that Tae Kwon Do is for your health, self defense, and mental discipline all of which require constant practice.*