

White Belt Questions: (testing for yellow belt)

1. **What do you learn at this school?** 1. Tae Kwon Do, Sir!
2. **What is Tae Kwon Do?** 2. The Korean Martial Art, Sir!
3. **What does Tae Kwon Do mean?** 3. Tae means “foot or Kicking”, Kwon means “hand or punching”, Do means “the way of life”, Sir!
4. **What is the name of your school?** 4. TNT Martial Arts, Sir!

Yellow Belt: (testing for Purple Belt)

1. **What is the bow?** A Korean form of greeting
2. **Why do we bow?** To show sincerity and respect
3. **When do you bow?** We bow to the flags when entering the mat, to the masters and instructors, to a higher belt and other students.

Purple Belt: (testing for orange belt)

1. **Why do we take a test for promotion?** We test to further our knowledge of Tae Kwon Do. Through test preparation and the test experience, we gain confidence by performing under pressure, and letting a qualified judge determine the increase of our knowledge, SIR
2. **What are the five tenets of Taekwondo?** The five tenets are courtesy, integrity, perseverance, self control, and indomitable spirit.

Orange Belt: (Testing for Green Belt)

1. **Why are there different colored belts?** The increase in knowledge and ability is symbolized by the darkness of the belt color as one advances.
2. **Why do you use control in free sparring?** We use control to demonstrate mental discipline and physical control of oneself. It is harder to control yourself than to make contact.

Green Belt: (Testing for Green II or Blue Belt)

1. Why do we practice breaking? We practice breaking techniques to develop power, precision, concentration, and to actually test the effectiveness of the techniques.

2. What are the three basic points to remember in Taekwondo? The three basic points are eye focus, good balance and a loud, strong kihap.

Blue Belt: (Testing for Blue II or Brown Belt)

1. What is the Student Creed?

1.) I intend to build true confidence through knowledge of the mind, honesty in the heart, and strength in the body sir!

2.) I intend to keep friendship with one another and to build a strong and happy community sir

3.) I will never fight to achieve selfish ends, but to develop might for right sir

Brown Belt: (Testing For Brown II or Red Belt)

1. What part of the foot do you use in these kicks?

a. **Front snap kick:** instep or ball of foot

b. **Roundhouse kick:** instep

c. **Side kick:** heel

d. **Back kick:** heel

e. **Hook kick:** ball of foot or heel

2. Define each term used in the 5 tenets of Taekwondo.

1) **Courtesy:** I will be kind to others

2) **Integrity:** I am always truthful

3) **Perseverance:** I will finish what I start

4) **Self-control:** Only I can control me

5) **Indomitable spirit:** I make my own dreams come true

Red Belt: (Testing for Red II, Red III, Jr. Black)

1. What is the advanced student's code of honor?

1. Respect each other
2. Be honest
3. Be patient with others
4. Help each other
5. Be loyal to yourself and your family
6. Obey and be loyal to your masters and instructors
7. Be loyal to your dojang