

# ORAL TEST FOR COLOR BELT

## White Belt

- \* What is the name of this school?  
-TKS Martial Arts Center, sir.
- \* What does TKS mean?  
-Taekwon Story, sir.
- \* What do you learn from this school?  
-Tae kwon do, sir.
- \* What does Chah-Reht mean?  
- Attention, sir.
- \* What is your goal?  
- My goal is to achieve white Sr Belt, sir.

## White Sr Belt

- \* What is Three rules of concentration?  
-Eyes focus, Mind focus, Body focus, sir.
- \* What does Gyung-Ryut mean?  
- Bow, sir.
- \* What does Joon-Bee mean?  
- Ready, sir.
- \* What does Ba-Ro mean?  
- Go back to Ready, sir.
- \* What is your goal?  
- My goal is to achieve Yellow Belt, sir.

## Yellow Belt

- \* What does An Young Ha Sae Yo mean?  
- Hello, sir.
- \* What does Gam Sa Ham Nee Da mean?  
- Thank You, sir.
- \* What does Dobok & Ddee mean?  
- Uniform & Belt, Sir.
- \* Why do you bow?  
- To show respect, sir.
- \* What is your goal?  
- My goal is to achieve Yellow Sr Belt, sir.

## Yellow Sr Belt

- \* What does Kwan Jang Nym mean?  
- Grand Master, sir.
- \* What does Sa Beom Nym mean?  
- Master, sir.
- \* What is Kwan Jang Nym's name?  
- Grand Master Jun Hee Lee, sir.
- \* What is Sa Beom Nym's name?  
- Master Young Bin Kwak sir / Master Chang Hyun Seo sir.
- \* What is your goal?  
- My goal is to achieve Green Belt, sir.

# ORAL TEST FOR COLOR BELT

## Green Belt

- \* What is Tae Kwon Do?
  - The Korean Martial Art and Olympic sport, sir.
- \* What does Tae Kwon Do mean?
  - Tae means foot or kicking, Kwon means fist or punching, and Do means way of life, sir.

## Green Sr Belt

- \*What is a bow?
  - The bow is the Korean form of greeting.
  - There are two types of greetings: standing and kneeling, sir.
- \*When do you bow?
  - We bow upon entering and leaving the Dojang.
  - We bow to the flag at the beginning and end of class.
  - We bow to the Master, instructor and Senior belt students, sir.

## Blue Belt

- \* What is Kihap?
  - A yell with concentration of spirit, sir.
- \* Why do you Kihap in Taekwondo?
  - To develop spiritual strength with concentration, power, and confidence, sir.
- \* How do you Kihap?
  - The Kihap comes from the "Dan-Jeon," which is the lower part of your stomach. The Kihap must be with spirit, sir.

## Blue Sr Belt

- \* True Student.
  1. Loyalty to the school & instructor
  2. Good martial arts attitude
  3. Student harmony
  4. Good attendance
  5. Clean technique

# ORAL TEST FOR COLOR BELT

## Red Belt

### \* Student Creed

1. To build ourselves physically and mentally.
2. To build friendship with one another and to be a strong group.
3. Never fight to achieve selfish ends but develop might for rights, sir.

## Red Jr Belt

### \* Tenets of Taekwondo

Courtesy (Ye Ui)

Integrity (Yom Chi)

Perseverance (In Nae)

Self Control (Guk Gi)

Indomitable Spirit (Baek Jeol Bool Gool), sir.

## Red Sr Belt

### \* What part of the foot do you use in these kicks?

- Front snap kick - ball of your foot or the upper foot
- Roundhouse kick - ball of your foot or the upper foot
- Sidekick - knife foot or heel
- Back kick - knife foot or heel
- Axe kick - heel or bottom of the foot sir

### \* Why do you do light-contact or full-contact sparring?

- To demonstrate mental discipline, physical control, and self-confidence, sir.

### \* How many movements(steps) in TaeKeuk 1 ~ 8 Jang?

Taegeuk 1 Jang : 18 Step, Taegeuk 5 Jang : 20 Step

Taegeuk 2 Jang : 18 Step, Taegeuk 6 Jang : 19 Step

Taegeuk 3 Jang : 20 Step, Taegeuk 7 Jang : 25 Step

Taegeuk 4 Jang : 20 Step, Taegeuk 8 Jang : 27 Step sir.