

PROMOTIONAL EXAM REQUIREMENTS QUESTIONS FOR

RED BELT *** QUESTIONS

Complete all answers with SIR!

- 1.Q.** What part of the foot do you use in kicks ?
- A.**
- a) In the front kick – use the ball of the foot or instep**
 - b) In the roundhouse kick – use the ball of the foot or instep**
 - c) In the side kick – use the side back hill**
 - d) In the back kick – use the side back hill**
 - e) In the back hook kick – use the back hill or ball off the foot**
 - f) In the in-to-out, out-to-in kick – use the ball of the foot Or bottom heel of foot, SIR !**