

## PROMOTIONAL EXAM REQUIREMENTS QUESTIONS FOR

### HIGH-GREEN BELT \*\*\* QUESTIONS

Complete all answers with SIR!

- 1.Q. Do you know why stretching exercises are necessary in Tae Kwon Do ?
- A. **Stretching exercises are necessary because flexibility, the result of stretching, promotes youthful agility and a sense of well being. If we are flexible, we have more power, and we can strike more targets on an opponent, SIR !**
- 2.Q. How does Tae Kwon Do differ from other martial arts ?
- A. a) **Karate originated in Japan and uses 40% leg and 60% hand techniques.**
- b) **Kung Fu originated in China and uses soft, circular movement.**
- c) **Judo originated in Japan and uses throwing and falling Techniques.**
- d) **Tae Kwon Do originated in Korea and uses 80% leg And 20% hand techniques, SIR !**