

# PROMOTIONAL EXAM REQUIREMENTS QUESTIONS FOR

## BLUE BELT \*\*\* QUESTIONS

Complete all answers with SIR!

- 1.Q. What are the three basic points to remember in Tae Kwon Do ?
- a) Eye focus
  - b) Good balance
  - c) Loud, strong Ki-hap, SIR !
- 2.Q. What are the five points to remember when doing forms ?
- A.
- a) Both hands twist together: one hand twists out while at the same time the other hand twists in.
  - b) Both hands pull together: the two hands pull together at the same time.
  - c) Straight line: your hand should move in a straight line toward your target.
  - d) Waist power: each block or punch should be delivered using waist power.
  - d) Use accurate distance and angle with explosive impact power, SIR !