

PROMOTIONAL EXAM REQUIREMENTS QUESTIONS FOR

BROWN BELT * QUESTIONS**

Complete all answers with SIR!

- 1.Q.** What are the three types of self defense ?
- A. a)** Physical self defense – We can protect our body with Tae Kwon Do blocking, punching, and kicking techniques.
 - b)** Health self defense – By practicing Tae Kwon Do, we can build our immune system which will enable us to defend our body from colds and other illnesses.
 - c)** Social self defense – By earning higher belt ranks, we can build our confidence which will help us to increase our self-esteem, SIR !
- 2.Q.** Why do you practice breaking techniques ?
- A.** We practice breaking techniques to develop power, precision, concentration, and to actually test the effectiveness of the techniques, SIR !