

U.S. BLACK BELT CENTER

Promotion Requirements Questions for **Brown Belt**

(All answers must be completed with Sir!)

- 1: Q: Can you explain what makes power?
A. Power is made by weight and speed together with relaxation, concentration, and confidence, Sir!
- 2: Q: Why do we practice breathing control?
A. To develop spiritual strength (GI) and endurance, Sir!
- 3: Q: Why are there different color belts?
A. The increase in knowledge and ability is symbolized by the darkness of the colors in the belts as one advances, Sir!
- 4: Q: What is Home Rule number seven? (Children only)
A. Children shall fix the recipe for straight A's daily, Sir!

Recipe for straight A's

1. Open your book to review what you studied today.
2. Do your homework.
3. Preview what you will stud tomorrow.