

# U.S. BLACK BELT CENTER

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## Promotion Requirements

### Questions for **Junior Black Belt**

(All answers must be completed with Sir!)

- 1: Q: What are the five points to remember when doing forms?
  1. Both hands twist together – one hand twists out while, at the same time, the other hand twists in.
  2. Both hands pull together – the two hands pull together at the same time.
  3. Straight line – your hand should move in a straight line towards your target.
  4. Waist power – each block or punch should be delivered using waist power.
  5. Use accurate distance an angle with explosive impact power, Sir!
  
- 2: Q: Why is it necessary to practice basics and forms?
  - A. Forms and basics build a necessary solid foundation for achieving coordination, agility and skill. Performing these techniques also builds confidence and concentration, Sir!
  
- 3: Q: What is the advanced student code of honor?
  1. Respect each other
  2. Be honest
  3. Be patient
  4. Help each other
  5. Always stand by the weak
  6. Be loyal to yourself and your family
  7. Obey and be loyal to your master
  8. Be loyal to your Dojang, Sir!