

U.S. BLACK BELT CENTER

Promotion Requirements Questions for **Orange Belt**

(All answers must be completed with Sir!)

- 1: Q: Can you explain the meaning of white belt?
A. The white belt signifies purity and no knowledge of Tae Kwon do, Sir!

- 2: Q: From what countries did Tae Kwon Do, Karate and Kung Fu come from?
A. Tae Kwon Do is from Korea
Karate is from Japan
Kung Fu is from China, Sir!

- 3: Q: Why do you use control in free sparring?
A. To demonstrate mental discipline, physical control of ourselves and to build self-confidence, this indicates a strong mind, Sir!

- 4: Q: What part of the foot do you use for these kicks?
A. Front Kick: Ball of your foot or instep
Roundhouse Kick: Ball of your foot or instep
Side Kick: Heal
Back Kick: Heal
Back Spinning Kick: Heal or bottom of foot
Hammer Kick: Heal or bottom of foot, Sir!

- 5: Q: What is Home Rule number four? (Children only)
A. Children will keep the household neat and clean, Sir!