

# U.S. BLACK BELT CENTER

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## Promotion Requirements

### Questions for **Red Belt**

(All answers must be completed with Sir!)

- 1: Q: Where are the three attack points when you punch or kick?
  1. High section – In Joong (Philtrum)
  2. Middle section – Myung Chee (Solar Plexus)
  3. Lower section – Dan Jun or Nang sim (Abdomen or Groin), Sir!
  
- 2: Q: What are the three basic points to remember in Tae Kwon Do?
  - A. The three basic points are:
    1. Eye focus
    2. Good Balance
    3. Loud, Strong, Kihap, Sir!
  
- 3: Q: What are the five tenets of Tae Kwon Do?
  - A. The five tenets of Tae Kwon Do are:
    1. Courtesy
    2. Integrity
    3. Perseverance
    4. Self-control
    5. Indomitability, Sir!
  
- 4: Q: What are the Home Rules for Children 1-7?
  - A. See Home Rules for Children handout.