

U.S. BLACK BELT CENTER

Promotion Requirements Questions for **Yellow Belt**

(All answers must be completed with Sir!)

- 1: Q: What do you call the “instructor” or 1-3 Dan Black Belt in Tae Kwon Do?
A. Kyo Sa Nim, Sir!
- 2: Q: What do you call a 4th Dan Black Belt Master in Tae Kwon Do?
A. Sa Bum Nim, Sir!
- 3: Q: What does Sa Bum Nim mean?
A. A fathering master (a model for others), Sir!
- 4: Q: Why do you yell in Tae Kwon Do?
A. To develop spiritual strength with concentration, power and confidence, Sir!
- 5: Q: How do you yell?
A. The yell comes from “Tan-Jun” which is the lower part of the stomach. The yell must be with spirit, Sir!
- 6: Q: What is the Bow?
A. The bow is a Korean form of greeting, Sir!
- 7: Q: Why do you bow?
A. To show respect, Sir!
- 8: Q: What is Home Rule number two? (Children only)
A. Children will always be respectful of their parents, teachers, and elders, Sir!