

U.S. BLACK BELT CENTER

Promotion Requirements

Questions for **Black Belt**

(All answers must be completed with Sir!)

- 1: Q: What are the requisites of Tae Kwon Do?
 1. Contact with natural surroundings.
 2. Contact with diverse physical condition.
 3. Performing suitable exercise.
 4. Eating suitable nourishment.
 5. Getting proper amount of rest, Sir!

- 2: Q: How to be a winner?
 - A. Set your goal, believe in yourself and think positively, Sir!

- 3: Q: What is the Black Belt?
 1. Symbol of excellence in the Martial Art.
 2. Tremendous sense of accomplishment greater self-worth.
 3. Total character development and improvement of inner self, Sir!

- 5: Q: What is Martial Art attitude?
 1. I shall practice in the spirit of Tae Kwon Do with courtesy for fellow student, loyalty for my instructor, and respect for my junior and seniors, Sir!
 2. I shall live with perseverance in the spirit of Tae Kwon Do, having honor for others, integrity within myself, and self-control in my action, Sir!

- 6: Q: What is the Tae Kwon Do Chung Shin (tenet of Tae Kwon Do)?
 1. Courtesy (Yae le)
 2. Integrity (Yom Chi)
 3. Self-control (In Nae)
 4. Perseverance (Geuk Gi)
 5. Indomitable Spirit (Balk Chul Bool Gool) Sir!