



# PROMOTION TEST REVIEW

## Testing for Blue Belt & Blue Belt with Red Stripes

This sheet contains information you need to know to earn your Blue Belt and subsequent Red Stripes. Please familiarize yourself with the information before your upcoming test. If you do not know an answer, make sure to ask a Black Belt instructor, or check the Student Resources Page on our website, [www.GlenRidgeTKD.com](http://www.GlenRidgeTKD.com).

**Fill in the blanks below. You should be able to recite this definition.**

Taekwon-do is a Korean unarmed martial art. It is not only kicking and punching, but a way of thinking and living. The main goal of Taekwon-do is to achieve total mind and body control through training. “Tae” means foot, “Kwon” means fist, and “Do” means the way of, so Taekwon-do literally means “The way of the foot and fist.”

**Choose all correct answers to each question.**

- 1) In which stance(s) is your weight evenly distributed between both feet?  
(a) Walking Stance    (b) L Stance    (c) Sitting Stance    (d) Ready Stance
- 2) Which punch is directed at your eye level?  
(a) Middle Punch    (b) High Punch    (c) Low Punch    (d) no punch
- 3) What part of the foot strikes the target with a back kick?  
(a) top    (b) side    (c) bottom    (d) ball
- 4) What part of the foot strikes the target in a front turning kick?  
(a) top    (b) side    (c) bottom    (d) ball
- 5) Which technique(s) should be executed with the most power?  
(a) kick    (b) punch    (c) block    (d) knifehand strike

*Remember to bring your fighting gear!*