



PROMOTION TEST REVIEW

Testing for Red Belt & Red Belt with Black Stripes

This sheet contains information you need to know to earn your Red Belt and subsequent Black 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.

Write the correct answer to each question.

- 1) Which stance is longer, a Walking Stance or an L Stance? _____
- 2) Which stance is wider, a Walking Stance or an L Stance? _____
- 3) Name a pattern which has a Middle Guarding Block. _____
- 4) Name a pattern which has a Rear Foot Stance. _____
- 5) Name a pattern which has a Bent Knee Ready Stance. _____
- 6) What is the Korean word for “degree,” as in “1st Degree Black Belt”? _____
- 7) What determines if an L Stance is left or right? _____
- 8) When sparring in class or at a tournament, are you allowed to punch your opponent’s face?
(a) yes (b) no (c) only when I’m a Black Belt

Black Stripes Only

- 9) Define the following stances (include length, width, weight distribution, and position of feet):
 - a) Walking Stance
 - b) L Stance
 - c) Sitting Stance
 - d) Rear Foot Stance
 - e) Vertical Stance
 - f) X Stance

Remember to bring your fighting gear!!