



# 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](http://www.GlenRidgeTKD.com).

### Write the correct answer to each question.

- 1) Which stance is longer, a Walking Stance or an L Stance?  
*Neither: they are both shoulder-width and a half long*
- 2) Which stance is wider, a Walking Stance or an L Stance? *Walking Stance, in which the feet are shoulder width apart; in L Stance your front toes line up with your back heel*
- 3) Name a pattern which has a Middle Guarding Block.  
*All color belt patterns, except Chon-Ji*
- 4) Name a pattern which has a Rear Foot Stance. *Joong-Gun*
- 5) Name a pattern which has a Bent Knee Ready Stance. *Won-Hyo, Yul-Gok, Choong-Mu*
- 6) What is the Korean word for “degree,” as in “1<sup>st</sup> Degree Black Belt”? *Dan*
- 7) What determines if an L Stance is left or right?  
*back foot (that has the majority of the weight)*
- 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:** *shoulder-width & a half long; shoulder-width wide; front knee bent; weight 50/50; front foot points front, back foot angles out slightly*
  - b) **L Stance:** *shoulder-width & a half long; front toe lines up with back heel; both knees bent; weight 70% on back foot; both feet angle in slightly*
  - c) **Sitting Stance:** *shoulder-width & a half wide; both feet point front; both knees bent; weight 50/50*
  - d) **Rear Foot Stance:** *shoulder-width long; both knees bent; weight 90% on back foot; front heel raised; both feet angle in slightly*
  - e) **Vertical Stance:** *1/2-shoulder-width long; front foot points front, back toes at 90° angle; both knees straight; weight 50/50*
  - f) **X Stance:** *legs crossed at calves, both knees bent; weight can be on front or back foot, depending on previous movement; foot with 90% weight is flat, other foot has heel raised; feet angle out*

*Remember to bring your fighting gear!!*