

BLACK BELT WRITTEN TEST

1-POOM / DAN

Techniques

1. Describe a Front/Forward Stance, a Back Stance, and a Walking Stance
2. Describe some basic kicks in Taekwondo
3. Why do you need to warm up before Technical Training?
4. What are and explain the three most important factors of Martial Arts?
5. List of all basic kicks. What is the contact point on your foot and the target area of each kick?

Theory

1. Define Taekwondo
2. In your own words, explain the Student Oath
3. In your opinion, what is the most important Tenet of Taekwondo? Why?
4. What is your main purpose for practicing Taekwondo?
5. How does Taekwondo affect your life?

Bonus Point: In your own words, explain the system of Than-Phong International Martial Arts Federation