

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. ***You are also responsible for knowing the review information for lower belts.*** Please familiarize yourself with the information before your upcoming test.

The answers are included below. If you do not understand an answer, make sure to ask a Black Belt instructor.

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

1) If you arrive late for class, you should:

- (a) go home (b) kneel at the edge of the mat and wait for permission to enter

2) If your belt comes untied during class, you should:

- (a) turn your back to the flags and quickly fix it (b) leave the mat to fix it

3) When greeting a Black Belt, you should:

- (a) bow (b) address him/her as Sir/Ma'am (c) salute

4) In which stance(s) is your weight evenly distributed between both feet?

- (a) Walking Stance (b) L Stance (c) Sitting Stance (d) Ready Stance

5) Which punch is directed at your eye level?

- (a) Middle Punch (b) High Punch (c) Low Punch (d) no punch

6) What part of the foot strikes the target with a back kick?

- (a) top (b) side (c) bottom (d) ball

7) What part of the foot strikes the target in a front turning kick?

- (a) top (b) side (c) bottom (d) ball

8) Which technique should be executed with the most power?

- (a) kick (b) punch (c) block (d) knifehand strike