

# 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. **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.

### Write the correct answer to each question.

- 1) Which stance is longer, a Walking Stance or an L Stance? They are both shoulder-width & a half long.
- 2) Which stance is wider, a Walking Stance or an L Stance? Walking Stance, which is shoulder width, is wider. In L Stance, your front toes line up with your back heel.
- 3) Name a pattern which has a Middle Guarding Block. Dan-Gun, Do-San, Won-Hyo, Yul-Gop, Joong-Gun, Toi-Gye, Hwarang, Choong-Mu
- 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-Gop
- 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? the back foot
- 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