

BLACK BELT WRITTEN TEST

3-POOM / DAN

*****Answer ALL questions thoroughly, thoughtfully, and intelligently. Your completion of this written Test will prove your readiness, commitment, and dedication to be a Than Phong Taekwondo Instructor.***

1. Define Taekwondo
2. Describe a Front/Forward Stance, a Back/L- Stance, and a Walking Stance ?
3. Describe all basic kicks and their target area as well as the contact point on your foot of each kick ?
4. What are and explain the three most important factors of Martial Arts ?
5. How do you teach a beginner ?
6. How do you handle a multi-levels class ?
7. In your opinion, what is the most important Tenet of Taekwondo ? Why ?
8. Why do you need to warm up before Technical Training ?
9. What do you know about Than-Phong International Martial Arts Federation ?
10. What is your main purpose for practicing Taekwondo ?

Bonus Point: How has Than Phong Taekwondo Institute affected your life?