

**US TWD Center - Grand Master Lee**  
**Q & A for Promotion**

1. Do you know why you take a test? We test to further our knowledge of TWD through test preparation and experience, to gain confidence by performing under pressure and increase my knowledge, Sir.
2. Who do you bow too when you enter the school? The Grand Master, Sir.
3. What do you bow too when entering the dojang? The Flag, Sir.
4. What is TWD? A Korean Martial Arts, Sir.
5. What does Tae Kwon do mean? Tae means foot or kicking, Kwon means hand or punching, Do means a way of life, Sir.
6. What is the name of your school? US Tae Kwon Do Center, Sir.
7. What is the name of your master? Grand Master June Lee & Master Jay, Sir.
8. What does Sa Bum Mim mean? A fathering master – a model for others, Sir.
9. Why do you yell in TWD? To develop spiritual strength with concentration, power and confidence, Sir.
10. How do you yell in TWD? The yell comes from the Tan-Jun which is the lower part of the stomach. The yell must be with sprit, Sir.
11. What is the bow? It is the Korean form of greeting, Sir.
12. Why do you bow? To show respect, Sir.
13. When do we bow? We bow to the flags when entering the dojang, when leaving the dojan, when class starts, and when class ends. Also, we bow to the grandmaster, Master instructor, to higher belts and other students. The bow is used any time anywhere; respect is not only shown in the dojang, but everywhere, Sir.
14. Explain the meaning of the White belt: White belt signifies purity. No knowledge of TWD, Sir.
15. What do you call 8<sup>th</sup> Dan Grand Master or higher? Kwan Jang Nim, Sir.
16. In what countries did TWD, Karate, and Kung Fu come from? TWD is from Korea, Karate is from Japan, and Kung fu is from China, Sir.
17. Why do you use control is free sparring? To demonstrate mental discipline, physical control of ourselves and to build self-confidence which indicates a strong mind, Sir?
18. What part of the foot do you use in the following kicks? Front snap kick: Ball of foot, Roundhouse: Ball or instep, Side kick: heel, Turning back: heel, spinning kick: heel or bottom, Ax: heel or bottom, Sir.
19. What is a poor student? A student who is lazy and simply expects results without sweat, Sir.
20. What is a good student? A good student has a desire to learn and achieve goals, Sir.
21. What is an excellent student? A excellent student not only learns techniques, but gains knowledge of expressive ability, accepts hard work and sweat, realizing results come from practice, Sir.
22. What is the best student? The best student never gives up trying to learns what he or she needs to know until it becomes second nature, both in technique and attitude, Sir.
23. What is the student pledge #123? 1. I intend to develop myself in a positive manner and avoid anything that would reduce my mental growth or my physical health, Sir. 2. I intend to develop self discipline in order to bring out the best in myself and others, Sir. 3. I intend to use what I learn in class constructive and defensively, to help myself and my fellow man and never to be abusive or offensive, Sir.
24. What makes power? Power is made by weight and speed, together with relaxation, concentration and confidence, Sir.
25. Why do we practice breathing control? To control energy, increase stamina and endurance, Sir.
26. Why are there different colored belts? To demonstrate levels of achievement and attaining of goals.
27. What are the five points to remember when doing forms? 1. Both hands twist together, one hand out while the other twists in. 2. Two hands should move together at the same time. 3. Your hands should move in a straight line towards your target. 4. Each block or punch should be delivered using waist power. 5. Use accurate distance and angle with explosive impact power, Sir.
28. Tenents of TWD:

Courtesy: Martial artists must be humble, courteous and considerate. Do Not be a show off.

Integrity: Having an upright character being loyal, honest and fair.

Perseverance: Learning TWD requires consistency and total concentration.

Self-Control: Students must maintain control of their emotions and moods and must maintain a positive attitude, never show anger or frustration while in the dojang.

Indomitable Spirit: This is strong sprit and determination. Having a never give up attitude, no matter how many times you fall you will always get back up.