



THAN-PHONG TAEKWONDO INSTITUTE
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BLACK BELTS WRITTEN TEST

Use your own papers for all of these questions

1st DAN/POOM

Techniques

1. Describe Stances: Front, back, walking?
2. Describe some basic kicks in Taekwondo?
3. Why do we need to warm up before Technical Training?
4. What are the three most important factors of Martial Arts?
5. List the basic kicks and the target area of each kick

Theory

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

Bonus: What do you know about Than-Phong Martial Arts Federation?

2nd DAN/Poom

1. What are the three most important factors of Martial Arts? Explain its relationship?
2. How do you teach a beginner?
3. How do you handle a class with various ranks and skill levels?
4. Briefly explain the history of Taekwondo?

5. Briefly explain the history of Than-Phong International Martial Arts Federation?
6. Explain the Tenets of Taekwondo and the Student Oath?
7. What kind of expectations do you have from practicing Taekwondo?
8. What are your commitments as a black belt holder?
9. What does Than-Phong Martial Arts system expect from you as a student and a black belt holder?

Bonus: In your own words, summarize the philosophy of Taekwondo?

3rd DAN/POOM

1. Briefly explain the history of Than-Phong International Martial Arts Federation?
2. How do you handle a class with various ranks and skill levels?
3. How would you build a better and stronger Than-Phong Martial Arts system?
4. What physical and mental benefits have you gained since joining Than-Phong Taekwondo Institute?
5. In your opinion, what qualifications or requirements does one need to be a director of a Martial Arts school?
6. Briefly explain how you would go about opening your own Martial Arts school and how would you establish the cultures for your school?
7. What are your teaching strengths and weaknesses? How would you enhance your strengths and overcome your weaknesses?
8. What are your technical strengths and weaknesses? How would you enhance your strengths and overcome your weaknesses?
9. Additional comments, thoughts, concerns, etc.