



Black Belt Grading Questions

These are examples only! The examiners can ask any question.

Why do you want to be a black belt?

Why did you start taekwondo?

Where do you see yourself in taekwondo in 5 years?

Why do we learn pattern meanings?

What is the difference between a colour belt and a black belt?

What are the first two moves of Choong Moo used for?

Why do we chamber?

When would you use your toes to perform a kick?

Name 5 patterns containing a backfist.

Name 3 types of fingertip thrust.

Name 3 patterns containing releases.

What is the difference between dwit and dung?

Why do we pull the reaction hand back to the hip?

What are your strengths?

What are your weaknesses? And how do you intend to improve?

What are the purposes of stances?

Name 3 patterns where we do a bending stance.

How do you know if a stance is a left or a right stance?

Why is there a jump in Toi-Gye and Yul-Gok?

What will you do if you get promoted to black belt?

Name 3 kicks that use the heel.

How have you changed since you were a white belt?

How would you teach someone to do a walking stance?

Why do we do slow motion movements?

Why are there twenty-four patterns?

Name 5 vital spots on the upper body (philtrum, mandibular joint, jaw, eyes, Adam's apple)

Name 5 vital spots on the middle body (sternum, solar plexus, kidneys, floating ribs, stomach/abdomen)

Name 5 vital spots on the lower body (coccyx, groin, instep, knee, shin)

If a beginner asked why a blue belt was beating a black belt in sparring, what would you say?

Why do we do a power test?

Why do we twist the fist when we punch?

What does the last sentence of the meaning of Choong Moo actually mean?

What makes a good taekwondo student?

If you had to suggest a 6th tenet, what would it be and why?

What is your favourite pattern and why?

Name 3 uses of the fingertips.

What does indomitable spirit mean?

What is Neo-Confucianism?

What is Buddhism?

What does taekwondo mean to you?

What is the difference between taekwondo as a sport and as an art?

What can you offer your instructor if you become a black belt?

Why do we do one-step sparring?

What does the black trim on a black belt dobok signify?

Name all the stances you know – in Korean.

Name all the parts of the hand and foot – in Korean.

What is the difference between the fixed stance side punch movement in Won-Hyo and Hwa-Rang?

Why do we learn Korean history/theory?

What is the definition of power / how is power created?

2nd Dan & above—extra questions

How do you stay motivated to train beyond 2nd/3rd/4th Dan?

How do you motivate your students to train beyond 2nd/3rd/4th Dan?

How do you maintain focus, for yourself and your students, with long gaps between Dan grading times?