

# Taekwondo Black Belt Practice Test (Sample)

## Study Guide



**Everything you need from our exam experts!**

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# Introduction

Preparing for a certification exam can feel overwhelming, but with the right tools, it becomes an opportunity to build confidence, sharpen your skills, and move one step closer to your goals. At Examzify, we believe that effective exam preparation isn't just about memorization, it's about understanding the material, identifying knowledge gaps, and building the test-taking strategies that lead to success.

This guide was designed to help you do exactly that.

Whether you're preparing for a licensing exam, professional certification, or entry-level qualification, this book offers structured practice to reinforce key concepts. You'll find a wide range of multiple-choice questions, each followed by clear explanations to help you understand not just the right answer, but why it's correct.

The content in this guide is based on real-world exam objectives and aligned with the types of questions and topics commonly found on official tests. It's ideal for learners who want to:

- Practice answering questions under realistic conditions,
- Improve accuracy and speed,
- Review explanations to strengthen weak areas, and
- Approach the exam with greater confidence.

We recommend using this book not as a stand-alone study tool, but alongside other resources like flashcards, textbooks, or hands-on training. For best results, we recommend working through each question, reflecting on the explanation provided, and revisiting the topics that challenge you most.

**Remember:** successful test preparation isn't about getting every question right the first time, it's about learning from your mistakes and improving over time. Stay focused, trust the process, and know that every page you turn brings you closer to success.

Let's begin.

# How to Use This Guide

**This guide is designed to help you study more effectively and approach your exam with confidence. Whether you're reviewing for the first time or doing a final refresh, here's how to get the most out of your Examzify study guide:**

## **1. Start with a Diagnostic Review**

**Skim through the questions to get a sense of what you know and what you need to focus on. Your goal is to identify knowledge gaps early.**

## **2. Study in Short, Focused Sessions**

**Break your study time into manageable blocks (e.g. 30 - 45 minutes). Review a handful of questions, reflect on the explanations.**

## **3. Learn from the Explanations**

**After answering a question, always read the explanation, even if you got it right. It reinforces key points, corrects misunderstandings, and teaches subtle distinctions between similar answers.**

## **4. Track Your Progress**

**Use bookmarks or notes (if reading digitally) to mark difficult questions. Revisit these regularly and track improvements over time.**

## **5. Simulate the Real Exam**

**Once you're comfortable, try taking a full set of questions without pausing. Set a timer and simulate test-day conditions to build confidence and time management skills.**

## **6. Repeat and Review**

**Don't just study once, repetition builds retention. Re-attempt questions after a few days and revisit explanations to reinforce learning. Pair this guide with other Examzify tools like flashcards, and digital practice tests to strengthen your preparation across formats.**

**There's no single right way to study, but consistent, thoughtful effort always wins. Use this guide flexibly, adapt the tips above to fit your pace and learning style. You've got this!**

## Questions

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- 1. How do you say seven in Korean?**
  - A. Ill-gope**
  - B. Chil**
  - C. Yachsa**
  - D. Dul**
  
- 2. Why do we bow to each other in class?**
  - A. To test flexibility**
  - B. To show respect**
  - C. To signal the start of a drill**
  - D. To mark the end of class**
  
- 3. Which term is the Korean name for the Taekwondo uniform?**
  - A. Do-Boke**
  - B. Dobok**
  - C. Gi**
  - D. Dogi**
  
- 4. How do you say 'How are you' in Korean?**
  - A. Ahn-yong-hashim-nee-ka**
  - B. An-yong-hashim-nee-ka**
  - C. Ahn-yeong-hashim-nee-ka**
  - D. Hello**
  
- 5. Which Taekwondo federation is recognized by the IOC?**
  - A. WT**
  - B. WTF**
  - C. ITF**
  - D. GTF**
  
- 6. What is the name of the Taekwondo uniform in Korean?**
  - A. Dobok**
  - B. Gi**
  - C. Do-Boke**
  - D. Do-Jahng**

- 7. Which color set correctly lists the Olympic rings colors?**
- A. Yellow, Green, Blue, Red**
  - B. White, Black, Yellow, Green**
  - C. Yellow, Green, Blue, Red, Black**
  - D. Yellow, Green, Black, Blue**
- 8. What is the proper belt color order from lowest to highest?**
- A. White, Blue, Green, Yellow, Red, Black**
  - B. White, Yellow, Green, Blue, Red, Black**
  - C. White, Yellow, Green, Red, Blue, Black**
  - D. White, Yellow, Green, Blue, Red, Black**
- 9. Taekwondo originated in which country?**
- A. South Korea**
  - B. Japan**
  - C. China**
  - D. Thailand**
- 10. Where should you store your shoes during Taekwondo class?**
- A. On the mat**
  - B. Shoe cubbies / racks**
  - C. In your bag**
  - D. Beside the door**

## Answers

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1. A
2. B
3. A
4. A
5. B
6. C
7. C
8. D
9. A
10. B

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## **Explanations**

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## 1. How do you say seven in Korean?

- A. Ill-gope**
- B. Chil**
- C. Yachsa**
- D. Dul**

In Korean, seven can be spoken in two common ways depending on context. For everyday counting of people or items, you use 칠, pronounced ilgop. The romanized form Ill-gope shown here matches that exact word, making it the best choice for a simple “seven” in ordinary speech. The other forms represent different numbering styles: 칠 (chil) is the Sino-Korean seven used in numeric contexts, while a form like two would not fit seven at all. So the matched pronunciation 칠, ilgop is the correct everyday seven.

## 2. Why do we bow to each other in class?

- A. To test flexibility**
- B. To show respect**
- C. To signal the start of a drill**
- D. To mark the end of class**

Bowing is a way to show respect and set the right mindset for training. In Taekwondo, this gesture acknowledges the people you train with—your partner, your instructor, and the art itself—and it communicates gratitude for the opportunity to practice safely. It cultivates discipline, humility, and focus, helping you listen better, follow instructions, and train with care for others. While a bow may happen at the start or end of a session, its purpose remains to honor and acknowledge the effort and relationship you share in the dojo, not to test flexibility or simply signal a drill or class transition.

## 3. Which term is the Korean name for the Taekwondo uniform?

- A. Do-Boke**
- B. Dobok**
- C. Gi**
- D. Dogi**

Dobok is the Korean name for the Taekwondo uniform. The word comes from do (way) and bok (clothes), referring to the clothing worn for practicing the martial art. It's the standard Taekwondo uniform worn in class and competition, distinct from karate's gi or judo's dogi. The spelling Do-Boke isn't the accepted transliteration; the common form is dobok.

#### 4. How do you say 'How are you' in Korean?

- A. Ahn-yong-hashim-nee-ka**
- B. An-yong-hashim-nee-ka
- C. Ahn-yeong-hashim-nee-ka
- D. Hello

In Korean, asking “How are you?” in a formal polite way uses the phrase 안녕하십니까, spoken as annyeong-hasimnikka. This form combines 안녕 for “well-being” with 하십니까, the formal polite question ending attached to 안녕, turning the greeting into a respectful inquiry about the other person’s state. The first option captures that exact phrase in common romanization: Ahn-yong-hashim-nee-ka. It reflects the correct sequence of sounds: the 안녕 part with the nyoeng sound and the 하니까 ending pronounced ni-kka. That makes it the best choice for the formal greeting. The other options alter the vowels or the ending, producing sounds that don’t match the standard pronunciation of 안녕하십니까, or resemble different phrases entirely. The simplest contrast is that this formal form is the proper way to ask “How are you?” in formal contexts, while more casual greetings exist for everyday use.

#### 5. Which Taekwondo federation is recognized by the IOC?

- A. WT
- B. WTF**
- C. ITF
- D. GTF

Olympic Taekwondo is governed by the global federation that runs rules, competitions, and anti-doping for the Olympic sport. That body is World Taekwondo, which was previously named the World Taekwondo Federation and often abbreviated WTF. In 2017 the organization rebranded to World Taekwondo, but some sources or exam options still use the old acronym, referring to the same federation. The other groups listed are different Taekwondo organizations and are not the IOC-recognized Olympic authority.

#### 6. What is the name of the Taekwondo uniform in Korean?

- A. Dobok
- B. Gi
- C. Do-Boke**
- D. Do-Jahng

The term for the Taekwondo uniform in Korean is dobok. It comes from do, meaning the way, and bok, meaning clothing, so it literally means the clothing for training in the martial way. This is the standard term used in Taekwondo for the jacket, pants, and belt you wear during practice and competition. Gi is the term used in some Japanese martial arts like karate and judo, not Taekwondo. Do-boke isn’t a standard romanization you’ll see for the uniform, and dojang (or do-jang) refers to the training hall, not the clothing.

**7. Which color set correctly lists the Olympic rings colors?**

- A. Yellow, Green, Blue, Red
- B. White, Black, Yellow, Green
- C. Yellow, Green, Blue, Red, Black**
- D. Yellow, Green, Black, Blue

Five colors make up the Olympic rings: blue, yellow, black, green, and red on a white field. The important point is that the set must include all five colors, regardless of order, and white is not one of the ring colors. The correct choice lists exactly those five colors: yellow, green, blue, red, and black. The other options miss at least one color or include white, which isn't part of the rings.

**8. What is the proper belt color order from lowest to highest?**

- A. White, Blue, Green, Yellow, Red, Black
- B. White, Yellow, Green, Blue, Red, Black
- C. White, Yellow, Green, Red, Blue, Black
- D. White, Yellow, Green, Blue, Red, Black**

In Taekwondo, belts are arranged from lighter to darker to show growing experience and knowledge. The standard order most schools follow is White, Yellow, Green, Blue, Red, Black. This sequence moves from basic foundations to more advanced techniques and understanding before reaching the black belt level. The other options mix up the stages (for example, placing Blue before Yellow or swapping Red and Blue), so they don't match the common progression. Therefore, White, Yellow, Green, Blue, Red, Black is the correct order from lowest to highest.

**9. Taekwondo originated in which country?**

- A. South Korea**
- B. Japan
- C. China
- D. Thailand

Taekwondo is a Korean martial art that was developed on the Korean peninsula in the 20th century. It grew out of traditional Korean fighting arts, especially taekkyeon, and incorporated influences from karate taught during the Japanese occupation, before being unified and standardized in Korea in the 1950s. The name itself— tae (foot), kwon (fist), do (way)—highlights its Korean roots. Today, the sport's global organizations and major competitions are centered in Korea, which is why its origin is identified as South Korea. The other countries listed contributed influences or were later adopters, but they are not the place where Taekwondo originated.

**10. Where should you store your shoes during Taekwondo class?**

**A. On the mat**

**B. Shoe cubbies / racks**

**C. In your bag**

**D. Beside the door**

Storing your shoes in shoe cubbies or racks keeps the training area clean and safe, and it shows proper dojo etiquette. Shoes bring in dirt, mud, and debris that can soil mats and equipment, and loose footwear on the mat creates tripping hazards during drills. By using designated storage, the space stays clear, hygiene is maintained for everyone, and your shoes are easy to grab before leaving. The other options don't fit: leaving shoes on the mat contaminates the surface and can damage it; tucking them in your bag hides dirt and makes it hard to access them when you need to change shoes; and placing them beside the door can block space or be bumped into as people enter or exit.

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## Next Steps

**Congratulations on reaching the final section of this guide. You've taken a meaningful step toward passing your certification exam and advancing your career.**

**As you continue preparing, remember that consistent practice, review, and self-reflection are key to success. Make time to revisit difficult topics, simulate exam conditions, and track your progress along the way.**

**If you need help, have suggestions, or want to share feedback, we'd love to hear from you. Reach out to our team at [hello@examzify.com](mailto:hello@examzify.com).**

**Or visit your dedicated course page for more study tools and resources:**

**<https://taekwondoblackbelt.examzify.com>**

**We wish you the very best on your exam journey. You've got this!**

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