

**Interview Questions for Candidates –
Red 1 (Junior & Senior) and 1st and 2nd Poom and Dan.**

1) What is the full name of your club and instructor?

Ans: Raiders TKD
Mdm Koh Poh Ling and Sir Polo Teo

2) Are your club and instructor recognized by the Singapore Taekwondo Federation?

Ans: Yes. They are affiliated with STF.

3) What are the differences between clubs that are recognized by the Singapore Taekwondo Federation and clubs which are not recognized?

Ans: STF clubs are governed by Singapore National Body, locally & internationally recognized.
(E.g ROS, PA, SNOG, SSC, WTF, ATU, ATF, etc)

Details Reference: <http://www.stf.sg/modules/stf/aboutus/>

4) What is the Singapore Taekwondo Federation website address?

Ans: <http://www.stf.sg>

5) Who is the current President of the Singapore Taekwondo Federation?

Ans: Mr Milan Kwee

6) For each training session, what must you do after bowing to your instructor? Why?

Ans: - Help keep equipments because our Mdm and Sir spend money to buy them for our use.
- Help to clean up training place so that we can have a safe training place for lessons.

7) Provide two / three / four examples each of what you can do to show humility, honesty and helpfulness.

Ans: (a) Humility
- I should remain humble towards the juniors when they face difficulty with TKD moves.
- I should remain humble when I win in any tournaments or competition.

(b) Honesty
- If things I don't know, I admit I don't know instead of saying I know.
- If any poomsaes (patterns) I not sure, I admit I not sure and learn again.

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(c) Helpfulness

- I should help the juniors and newcomers to familiarizes with club Rules
- I help my instructors to organize the younger ones and keep them in order.

8) How do you demonstrate respect for any one / two / three of the following: elders, parents, coaches / instructors, seniors and one another?

Ans: Elders (uncles, aunties, grandparents etc.)

- I great them every time I see them.
- I will open the door for them.

Parents

- I greet my parents every morning when I wake up.
- I will not start my meals first before my parents. (unless I am told to go ahead without them)

Coaches / Instructors

- I will bow to my instructors whenever I see them.
- I will bow and thank my instructors whenever they correct my kicks or mistakes.

Seniors (brothers, sisters etc)

- I will discuss matters with them and listen to their advise with an open mind.
- I will share my things graciously with them.

One another

- I'll be patience with my peers whenever they are slow or face difficulty.
- I will not look down on peers who are slower than me.

9) Why are your parents special to you?

Ans: - Because they give me life.
-They lead me on the right path.
- My parents will do all they can to provide me with the needs to grow up.
Eg. Education needs, healthy needs, society needs etc.

10) What have you done to show respect to your parents?

Ans: - I greet my parents every morning when I wake up.
- I will not start my meals first before my parents. (unless I am told to go ahead without them)

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- I will notify my parents whenever I am leaving my house.
- I will greet my parents whenever I return home.
- I will keep my parents updated of my whereabouts.
- I will listen to my parents' advice and will not talk back to them if there is any disagreement. I will try my best to tell them my views and discuss over our points.

11) Can you achieve success in your life and why?

Ans: Yes.

Because I have good parents and good leaders to bring me up. They guide me in my growing path and demonstrate good virtues in my life.

12) In what ways can you serve your community?

Ans: Whenever there is public demonstration or performance, I will do my best to put up a good show for the public to enjoy. I will also help my instructors to guide the juniors in terms of their behaviour and discipline during public exposure.

13) Have you demonstrated good character? If so, how?

Ans: Yes. By setting good examples.

Eg. Lending helping hands, don't provoke parents, respect them and be polite.

14) Do you need to show respect to your gymnasium or training place? Why and how?

Ans: Yes.

Because the training place provides me a conducive environment to learn the proper arts of Taekwondo and also a place where I can develop good characters.

If class has already started, I will ask for permission from my instructor to join in. I will bow to my instructors and to the class before I get into my line. I will also help to keep the place neat and clean and take care of the training equipments too.

15) What have you learned from your participation in Taekwondo?

I have learnt Discipline, Teamwork, Care and respect.

Ans: Discipline

- to behave and obey instructions by instructors

Teamwork

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- help each other during lesson time like perfect certain kicks, and practice the grading patterns together

Care

- to guide the younger ones when they don't understand and not able to follow instructions

Respect

- respect my seniors
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STF PLEDGE

We, the members of Singapore Taekwondo Federation, pledge that

- We shall remain humble, honest and helpful at all times,
- We shall respect our elders, parents, coaches, seniors and one another regardless of race, language, class or creed,
- We shall believe in ourselves and persist no matter how great the challenge to achieve our noble aspirations,
- We shall develop our characters, qualities and abilities to serve our community and our country and
- We shall abide by the rules and regulations of taekwondo and the laws of Singapore.”