

Cho Dan Requirements

Hyung

Gi Cho Hyung Il Bu
Gi Cho Hyung Ee Bu
Gi Cho Hyung Sam Bu
Pyung Ahn Cho Dan
Pyung Ahn Ee Dan
Pyung Ahn Sam Dan
Pyung Ahn Sa Dan
Pyung Ahn O Dan
Chil Sung Ee Ro
Nai Han Ji Cho Dan
Passai

Il Soo Sik Dae Ryun

Il bon – Ship pahl bon

Ho Sin Sool

Cross-hand wrist grab 1 - 4
Same-side wrist grab 1 - 4
Two-on-one wrist grab 1 - 3
One-on-each wrist grab 1 - 4
Side wrist grab 1 - 2
Back wrist grab 1 - 2

Gi cho

Demonstration of various advanced gi cho combinations, including pal put ki drills (horse stance punching).

Jok gi

All techniques

Kyok pa

Ee dan dwi cha gi

In neh

120 punches in 30 seconds in kee mah ja seh, demonstrating good power and technique.

Theory

What Soo Bahk Do means to me

500 to 1,000 word essay, typed and presented at least two weeks prior to your assessment.