

CHO DAN BO EXAM REQUIREMENTS

LINE DRILLS	<i>Be prepared to perform 20 randomly selected techniques</i>
Line Drill #1	Downward Block, Forward Stance, Front Kick
Line Drill #2	Outside Block, Forward Stance, Reverse Punch
Line Drill #3	Downward Block, Lunge Punch
Line Drill #4	Upward Block, Horse Stance, Shuffle Side Kick
Line Drill #5	Inside Block, Horse Stance, Shuffle Roundhouse Kick
Line Drill #6	1 Hand Upward Soo Do, Back Stance
Line Drill #7	1 Hand Center Soo Do, Back Stance
Line Drill #8	1 Hand Inside Soo Do, Back Stance
Line Drill #9	1 Hand Downward Soo Do, Back Stance
Line Drill #10	Back Stance, Upward Soo Do Block, Forward Stance, Palm Heel Strike
Line Drill #11	Back Stance, Center Soo Do Block, Forward Stance, Reverse Horizontal Soo Do Strike
Line Drill #12	Back Stance, Lower Soo Do Block, Forward Stance, Reverse Ridgehand Strike
Line Drill #13	Cat Stance, Center Soo Do Block, Lead Side Kick, Reverse Horizontal Soo Do, Forward Stance
Line Drill #14	Cat Stance, Lower Soo Do Block, Snap Front Kick, Forward Stance-Reverse Ridgehand Strike
Line Drill #15	Horse Stance, Inside Soo Do Block, Forward Stance, Soo Do Strike, Vertical Knee, Horse Stance, Lead Drop Elbow
Line Drill #16	Forward Stance, Reverse Outside Soo Do Block, Horizontal Knee
Line Drill #17	Back Stance, Outside Block, Slide Step Forward Stance, Reverse Horizontal Elbow
Line Drill #18	Forward Stance, Upward Block, Reverse Rising Elbow, Vertical Knee Strike
Line Drill #19	On Guard: Front Kick, Reverse Punch
Line Drill #20	On Guard: Shuffle Side Kick, Reverse Punch
Line Drill #21	On Guard: Shuffle Roundhouse Kick, Backfist Strike
Line Drill #22	On Guard: Turn Back Kick; Crossing Back Kick
Line Drill #23	On Guard: Turn Back Kick, Backfist Strike
Line Drill #24	On Guard: Cross Step Backfist, Back Kick
Line Drill #25	On Guard: Lead Hook Kick, Backfist Strike, Reverse Punch
Line Drill #26	On Guard: Lead Roundhouse Kick, Turn Hook Kick
Line Drill #27	On Guard: Cross Step Hook Kick, Reverse Ridgehand Strike
Line Drill #28	On Guard: Jump Front Kick
Line Drill #29	On Guard: Switch Front Kick
Line Drill #30	On Guard: Inside Crescent, Side Kick
Line Drill #31	On Guard: Inside Crescent, Outside Crescent Kick
Line Drill #32	On Guard: Inside Crescent, Outside Axe Kick

CHO DAN BO EXAM REQUIREMENTS

Line Drill #33	On Guard: Jump Side Kick
Line Drill #34	On Guard: Spring Side Kick, Backfist
Line Drill #35	On Guard: Jump Turn Side Kick
Line Drill #36	On Guard: Jump Outside Crescent Kick
Line Drill #37	On Guard: Jump Turn Hook Kick

HYUNG

Basic Form #1	Kicho Hyung IL Bu
Basic Form #2	Kicho Hyung Ee Bu
Basic Form #3	Kicho Hyung Sum Bu
Formal Form #1	Pyung Ahn Cho Dan
Formal Form #2	Pyung Ahn Ee Dan
Formal Form #3	Pyung Ahn Sum Dan
Formal Form #4	Pyung Ahn Sa Dan
Formal Form #5	Pyung Ahn Oh Dan
Advanced Form #1	Bassai So
Advanced Form #2	Bassai Dae

SELF DEFENSE

Be prepared to perform 10 randomly selected techniques

Defense #1	Wrist Grab: Downward Block Release, Front Kick
Defense #2	Wrist Grab: Outside Block Release, Reverse Punch
Defense #3	2 Hand Wrist Grab (Front): Slap Release, Reverse Punch
Defense #4	2 Hand Wrist Grab (Rear): Step Out & Back (breaststroke) Release
Defense #5	Wrist Grab: Snap Release, Backfist Strike
Defense #6	Wrist Grab: Upward Block, Side Kick
Defense #7	2 Hand Wrist Grab: Release, Hammerfist Strike
Defense #8	Wrist Grab: Inside Block, Roundhouse Kick
Defense #9	Lapel Grab: "Steering Wheel"
Defense #10	Lapel Grab: Wrist Flip, Front Kick
Defense #11	Lapel Grab: Inside Block, Backfist Strike
Defense #12	Lapel Grab: Finger Poke, Violin
Defense #13	Bear Hug: Foot Stomp, Horse Stance Escape, Elbow, Hammerfist, Backfist
Defense #14	Bear Hug: Hip Strike, Head Butt, Back Kick
Defense #15	Rear Choke, Arm Lock: Elbow, Wrist Flip, Front Kick
Defense #16	Head Lock: Groin Strike, Wrist Check, Arm Bar

CHO DAN BO EXAM REQUIREMENTS

STICK Vs STICK DEFENSE

High & Middle	Block, Counter, Disarm
	"Dance of Death"
Low Strikes	Block, Counter, Disarm
	Give & Take
Pokes	Block, Counter, & Disarm
	Flow Drill

EMPTY HAND Vs STICK DEFENSE

High & Middle	Block, Counter, Disarm
	Forehand Strike: Inside Check/Strike Block, #3 Disarm & Soo Do Strike, Neck Hook, Vertical Knee, Spin Takedown, Drop Knee Strike
	Backhand Strike: Check, Slap Disarm, Reverse Ridgehand, Reverse Horizontal Knee Strike, Rear Naked Choke
Low Strikes	Block, Counter, Disarm
	Forehand Strike: Low Inside Check, Switch Step, Circle, Arm Bar, Step Behind, Stick Choke
	Backhand Strike: Reverse Low Downward Check, Wrist Lock and Turn Step, Overhead Arm Lock, Takedown
	Give & Take (empty hand)
Pokes	Block, Counter, Disarm
	Mid Poke: Disarm #9, Shuffle Cat Stance, Elbow Break, Step Clothesline takedown, Forward Stance, Drop Punch
	High Poke: Open Hand Parry, Neck Hook, Pivot Throw, Arm Bar
	Reverse High Poke: Open Hand Parry and Wrist Lock, Step Horizontal Elbow, Over Shoulder Arm Break, Outside Elbow, Inside Elbow, Pivot Sweep

CHO DAN BO EXAM REQUIREMENTS

HYUNG APPLICATIONS *Be prepared to perform 12 randomly selected techniques*

Cho Dan #1	Stomach Punch: (open 45°) Forward Stance, Downward Block; Front Kick: Inside Low Parry, Drop Hammerfist Strike
Cho Dan #2	Front Kick: (open 45°) Forward Stance, Downward Block; Jab: Soo Do Block, Step, rising Arm Bar
Ee Dan #1	Lapel Grab: Step Back (45°), Double Block Release, Upper Cut Punch, Horse Stance, Side Punch
Ee Dan #2	Center Punch: Block/Grab, Standing Arm Bar, Side Kick (knee), Backfist Strike
Ee Dan #3	Center Punch: Step Back (open 45o) Back Stance, Center Soo Do Block; Reverse Punch: Open Hand Block, Violin, Stepping Forward Stance, Spearhand Arm Bar.
Ee Dan #4	Center Punch: Step Forward (open 45°), Half Moon Stance, Reverse Outside Block, Front Kick, Reverse Punch
Sum Dan #1	Center Punch: (open 45°) Back Stance, Outside Block; Front Kick: Step Forward Feet Together, Leg Deflect/Catch & Throw
Youth	Center Punch: (open 45°) Back Stance-Outside Block; Front Kick: Step Forward Feet Together-Downward Block, Vertical Backfist
Sum Dan #2	Center Punch: Block/Grab, (closed) Forward Stance, Rising Arm Bar, Press, Forward Stance, Vertical Spearhand, Wrist Grab: Pivot, Step Behind Horse Stance, Drop Hammerfist Takedown
Sum Dan #3	Front Kick: (open) Inside Crescent Block, Horse Stance; Jab: Elbow Block, Drop Hammerfist Strike
Sum Dan #4	Center Punch: Forward Stance (open 45°), Outside Block, Step (45°) & Punch; Inside Block: Wrist Grab, Step in & Back, Horse Stance, Hip Throw.
Youth	Center Punch: Forward Stance (open 45o), Outside Block, Step (45o) & Punch; Inside Block: Wrist Grab, Step in & Back, Horse Stance, Rear Elbow Strike/Over the Shoulder Punch.
Sa Dan #1	Face Punch: Open Hand Upward Block, Back Stance (closed), Soo Do Strike, Step Back Feet Together, Wrist Lock, Step (45°) Forward Stance, Violin
Sa Dan #2	Front Kick: Forward Stance (open), Low Cross Block; Jab: Soo Do Block, Step Forward, Back Stance, Forearm Arm Bar, Step Back (Feet Together), Pull Down, Side Kick, Horizontal Elbow Strike.

CHO DAN BO EXAM REQUIREMENTS

Sa Dan #3	Front Kick: Forward Stance (open 45°), Reverse Forward Stance, Low Soo Do Block, High Soo Do Chamber; Jab: Pivot High Block, Horizontal Soo Do Strike, Front Kick; Reverse Punch: Downward Parry, Rear Cross Step, Drop Backfist Strike
Youth	Front Kick: Forward Stance (open 45°), Reverse Forward Stance, Low Soo Do Block, High Soo Do Chamber; Jab: Pivot High Block, Horizontal Soo Do Strike
Sa Dan #4	Lapel Grab: Double Lapel Break, Pull & Kick, Clear Arm (in), Reverse Punch, Clear Arm (out), Back Stance, Punch, Forward Stance, Double Throat Thumb Strike, Neck Grab, Rising Vertical Knee Strike
Youth	Lapel Grab: Double Lapel Break-Pull & Kick, Jab/Reverse Punch
Oh Dan #1	Center Punch: (open 45°) Back Stance, Outside Block, Hook Punch, Step Forward Feet Together, Throw
Oh Dan #2	Front Kick: (Open) Forward Stance, Low Cross Block; Face Jab: High Open Hand Cross Block, Wrist Capture, Soo Do Strike, Step Forward, Takedown
Oh Dan #3	Front Kick: Inside Crescent Kick Block, Horse Stance, Horizontal Elbow Strike, Rear Cross Step (45°), Drop Backfist Strike
Oh Dan #4	Front Kick: (Open 45o) Crane Stance, Downward Block; Face Jab: Parry, Forward Stance, Reverse Vertical Spearhand, Check Hip, Ankle
Bassai So #1	Cross Hand Wrist Grab: Rear Cross Step, Z-Lock with Finger Trap
Bassai So #2	Center Punch: Open Hand Parry, Pivot Pull Down Arm Bar, Side Kick (knee), horse Stance, Double Soo Do Strike, Double Punch
Bassai So #3	Front Kick: Back Stance, Palm Heel Low Block; Jab: Open Hand Upper Block, Pivot and Grab, Side Kick, Back Stance, Double Outside Block, Double Punch
Bassai So #4	Front Kick: Inside Knee Block; Jab: Open Hand Block/Arm bar, Shuffle Step, Extend forward Arm to Opposite Shoulder, Takedown.
Bassai Dae #1	Center Punch: Outside Block, Reverse Outside Block Break, Pivot Reverse Inside Block Arm Bar, Switch Wrist Grab Hands, Step Behind (back of knee to back of knee), Takedown
Youth	Center Punch: Outside Block, Reverse Outside Block Break, Pivot Reverse Inside Block Arm Bar, Reverse Drop Backfist Strike

CHO DAN BO EXAM REQUIREMENTS

Bassai Dae #2	Front Kick: Crane Stance, Downward Block; Reverse Punch: Forward Stance, Inside Block, Reverse Drop Backfist Strike, Head Twist Takedown, Horse Stance, Drop Punch
Bassai Dae #3	Center Punch: Back Stance, Center Soo Do Block; Lapel Grab: Step Back (Feet Together), Lapel Break, Forward Stance, Double Horizontal Hammerfist Strikes
Bassai Dae #4	Front Kick: Inside Crescent Kick Block; Face Jab: Upward Block/"C" Punch, Grab Collar & inner Thigh, Turn 270° and Throw

CHO DAN BO EXAM REQUIREMENTS

1 STEP SPARRING	<i>Be prepared to perform 10 randomly selected techniques</i>
1-Step #1	Front Kick: (open 45°) Downward Block-Forward Stance, Snap Front
1-Step #2	Center Punch: (closed 45°) Outside Block-Forward Stance, Reverse Punch
1-Step #3	Front Kick: (open 45°) Downward Block-Forward Stance, Snap Front Kick, Reverse Punch
1-Step #4	Center Punch: (open 45°) Outside Block-Forward Stance, Jab, Reverse Punch
1-Step #5	Face Punch: (open or closed) Upward Block-Horse Stance, Side Kick
1-Step #6	Center Punch: (closed) Inside Block-Horse Stance, Roundhouse Kick
1-Step #7	Face Punch: (open or closed) Upward Block-Horse Stance, Side Kick, Reverse Punch
1-Step #8	Center Punch: (closed) Inside Block-Horse Stance, Roundhouse Kick, Backfist Strike
1-Step #9	Front Kick: (open 45°) Downward Soo Do Block-Cat Stance, Snap Front Kick, Reverse Horizontal Hammerfist, Switch Horse Stance, Rising Hammerfist
1-Step #10	Face Punch: (open 45°) Upward Soo Do Block-Back Stance, Drop Hammerfist-Forward Stance, Switch Horse Stance-Horizontal Hammerfist, Retreating Back Kick
1-Step #11	Center Punch: (open or closed) Inside Soo Do Block-Horse Stance, Lead Side Kick, Backfist Strike-Forward Stance
1-Step #12	Center Punch: (closed 45°) Center Soo Do Block, Lead Roundhouse Kick, Back Kick
1-Step #13	Center Punch: Center Soo Do Block-Cat Stance, Lead Side Kick, Reverse Horizontal Soo Do-Forward Stance,
1-Step #14	Front Kick: Lower Soo Do Block-Cat Stance , Snap Front Kick, Forward Stance-Reverse Ridgehand Strike
1-Step #15	Center Punch: Inside Soo Do Block, Soo Do Strike, Neck Hook, Vertical Knee, Horse Stance, Drop Elbow
1-Step #16	Center Punch: Reverse Outside Soo Do Block, Horizontal Knee, Collar Takedown, Drop Knee Strikes
1-Step #17	Roundhouse Kick (Open): Reverse Double Side Block, Kick Capture, Shuffle Step, Takedown
1-Step #18	Roundhouse Kick (Closed): Double Side Block, Kick Capture, Shuffle Step, Takedown

CHO DAN BO EXAM REQUIREMENTS

SPARRING

Semi Sparring

Attack: Attack until Countered

Counter: 3 Techniques minimum
