

## Cho Dan (1<sup>st</sup> Dan) Requirements

100 hours minimum are required to be considered to test for Cho Dan (1<sup>st</sup> Dan Black Belt). Training and Teaching time have separate pages in the log book. For Training and Teaching during the same class, enter your time in minutes. You are responsible for both ensuring you learn the material and for notifying Master Shintaku when you will be ready to Stripe Test. Your +20 hours starts after you complete your requirements and earn your stripe. Essays must be a minimum of ½ page (e-mail to [mike@exceedma.com](mailto:mike@exceedma.com)). Self-Defense requirements are self directed.

### 20 Hours – Stripe 1

1. **Teaching Requirement:** 5 Hours
2. **Teach:** Opening & Closing Class
3. **Demonstrate & Teach:** 5 Basic Turns
4. **Essay:** What is your plan to get to Cho Dan
5. **Essay:** Concept of Valences
6. **Essay:** Concept of the Delivery System
7. **Demonstrate:** (8) Wrist Grab Defenses
8. **Oral:** What Animal does the Bassai Forms represent
9. **Oral:** What is Teacher in Korean
10. **Oral:** Name of our School/Organization
11. **Oral:** Name & Rank of the Head of the School

### +20 Hours - Stripe 2

1. **Teaching Requirement:** 5 Hours
2. **Demonstrate & Teach:** 5 Advanced Turns
3. **Demonstrate:** Naihanji Cho Dan
4. **Demonstrate:** Naihanji 1
5. **Demonstrate:** (8) Lapel Grab/Choke Defenses
6. **Essay:** Concept of 3 Weapons
7. **Essay:** Concept of Expansion/Contraction
8. **Essay:** 10 Elements 1-5
9. **Oral:** What Animal does Naihanji represent
10. **Oral:** Name of Our Parent Organization
11. **Oral:** Name of the President

### +20 Hours - Stripe 3

1. **Teaching Requirement:** 5 Hours
2. **Teach:** Side, Roundhouse, & Hook Kicks
3. **Demonstrate:** Naihanji 2
4. **Demonstrate:** Shushi Bong Sul
5. **Demonstrate:** (4) Bear Hug & (4) Headlock Defenses
6. **Essay:** Concept of the “Secret Handshake”
7. **Essay:** Concept of Wrist Rotation (Snap)
8. **Essay:** 10 Elements 6-9
9. **Oral:** Translate Shushi Bong Sul and its Japanese name Shushi No Kin
10. **Oral:** Name of the International Organization
11. **Oral:** Name of the President

### +20 Hours - Stripe 4

1. **Teaching Requirement:** 5 Hours
2. **Teach:** Jump, Spring, & Switch Kicking
3. **Demonstrate:** Naihanji 3
4. **Demonstrate:** Developmental Form
5. **Demonstrate:** (8) 1-Step Defenses (3 technique Minimum)
6. **Essay:** What is Purpose of the Developmental Form and What have you learned from it
7. **Essay:** Concept of the Hip/Center
8. **Essay:** 10 Elements #10
9. **Oral:** What animal does your Developmental Form Represent and what are its aspects?
10. **Oral:** Name of our Style & System
11. **Oral:** Founder’s Name

### +20 Hours – Exam

1. **Teaching Requirement:** 25 Hours Total Met
2. **Essay:** What Black Belt Means to Me? One (1) paragraph summary
3. **Essay:** What is your Goal after Earning Your Black Belt? One (1) paragraph summary
4. **Essay:** What are your Responsibilities as a Black Belt and What are Your Plans to Achieve Them? One (1) paragraph summary
5. **Review and Prepare**