

## Sa Dan - 4<sup>th</sup> Degree Master

**MINIMUM AGE:** 27 Years

**MINIMUM TIME IN GRADE:** 4 Years as an Active Sum Dan

**WPTSDA TESTING FEE:** \$90.00

### GENERAL PREREQUISITES

1. Minimum 4 Years Teaching and Training as Sum Dan
2. Assist at Advisory Level
3. WPTSDA Affiliate Member in Good Standing
4. Sound Moral Character
5. Good Record of Teaching Experience
6. Loyalty to the Instructor & WPTSDA Grandmaster
7. Contribution in Service to the WPTSDA
8. 450 Word Minimum Essay
  - A. *"What is the Main Principle of the Martial Arts?"*
  - B. *List and Explain your TSD Hyung and Sparring Technique Judging Criteria*
  - Essays are due a minimum of 30 days prior to date of examination
  - Each essay must be a separate document and may be submitted as a package
  - Must be typed and submitted via e-mail (preferred) or hard copy
  - Spelling and grammar will be considered

### GENERAL KNOWLEDGE

1. Good Knowledge and Ability of Lower Rank Requirements
2. Dan Level Teaching & Class Responsibilities
3. Ability to Conduct Formal Classes
4. Ability to Explain TSD Academically & Scientifically.
  - A. History
  - B. Philosophy
  - C. Techniques

### ABILITY TO DEMONSTRATE (Tempo, Timing, Balance, Grace)

1. **ALL BASIC MOVEMENTS**
  - A. Stances
  - B. Blocks
  - C. Punching
  - D. Strikes
  - E. Kicks

**ABILITY TO DEMONSTRATE** (continued)

With the following points being of primary importance.

- A. Form
  - B. Balance
  - C. Center of Gravity
  - D. Power in the Hips
  - E. Speed with Control
  - F. Concentration of Forms
  - G. Rhythm
  - H. Timing
  - I. Grace
  - J. Force (KI)
2. **HYUNG** (Form)
    - A. Jiin
    - B. Ship Sum (Sei Shan - Praying Mantis)
    - C. Wang Su (Wansu - Flying Swallow)
    - D. Jin Te (Ship Soo - Bear/Staff)
    - E. Jin Do (Ginto - Crane)
    - F. Lo Hai (Rohai - Crane)
    - G. Jion (Jion - Mountain Goat)
    - H. Yuk Ro Cho Dan (Great Gate)
  3. **DAE RYUN** (Sparring - Control)
    - A. Basic Sparring
    - B. Valence Continuously Flowing
    - C. Semi Sparring
    - D. Free Sparring
    - E. Multiple Sparring (4 Attackers)
  4. **SELF DEFENSE** (Multiple Attackers)
    - A. 360° (Circle) Defense
  5. **BREAKING**
    - Special Breaking
  6. Evaluate and Research the Meaning, History, Application, and Characteristics of Each Advanced Hyung.