## **Cho Dan Bo Required Training Hours**

Name:\_\_\_\_\_

Minimum Training hours required to test for Cho Dan (1st Degree Black Belt) is: 100 hrs - Once the required hours have been completed for a section, you will be eligible to Pre-Test. - You are responsible to keep track of your time. Each class must be initialed by Master Shintaku

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Pre-Test #1			Pre-Test #2				Pre-Test #3				Pre-Test #4				Cho Dan Exam			
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