



Cho Dan Candidate Requirements

Ki Cho

- A). Hand Techniques – All Lower Belt Requirements can be Requested. Test of Basic Movements will be Conducted by Korean Terminology.
- B). Foot Techniques – All Lower Belt Requirements can be Requested. Test of Basic Movements will be Conducted by Korean Terminology.

Endurance

Pahl Put Ki – (120 punches in 30 seconds)

Hyung

Passai

Nai Han Ji Cho Dan

Du Mun (Yuk Ro Cho Dan)

Chil Sung Il Ro Hyung

Chil Sung Sam Ro Hyung

Il Soo Sik Dae Ryun

1 - # 18

Ho Sin Sool

All Wrist Grabs

Ja Yu Dae Ryun

1 on 1 Sparring

Kyok Pa

E-Dan Dwi Cha Gi or Yonsok Kyok Pa with one Soo Gi and one Jok Gi.

Oral Exam

- A. What is the meaning of the words Moo Duk Kwan? When was it founded?
- B. What is the meaning of the words Soo Bahk Do? When was the name Soo Bahk Do officially adopted by the Kwan Jang Nim and the Moo Duk Kwan in Korea?
- C. What is the meaning of the words Cho Dan?