



Ee 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

Front Kick with Front Leg (30 seconds, Switch Legs, 30 seconds)

Hyung

Jin Do
Nai Han Ji E Dan
Pyung Ahn E Dan
Joong Jol (Yuk Ro E Dan)
Chil Sung Sam Ro Hyung

Il Soo Sik Dae Ryun

1 - # 18

Ho Sin Sool

Cross Wrist Sleeve Grab and Same Side Sleeve Grab: # 1 - # 4
Dan Do (Knife Defense): # 1 - # 5

Ja Yu Dae Ryun

2 on 1 Sparring (Using 1st Gup members) Offensive Style, Defensive Style

Kyok Pa

Ssang Bal Ahp Cha Nut Gi or Yonsok Kyok Pa with one Soo Gi and two Jok Gi's.

Oral Exam

- A. What is the motivation for the name of the Chil Sung Hyungs?
- B. What is the meaning of the words Neh Ga Ryu and Weh Ga Ryu?
- C. What is the meaning of Ryu Pa?