



Sam 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

Alternating Jump Front Kicks (30 Seconds)

Hyung

Ro Hai
Nai Han Ji Sam Dan
Po Wol (Yuk Ro Sam Dan)
Pyung Ahn Sa Dan
Chil Sung Sa Ro Hyung

Il Soo Sik Dae Ryun

1 - # 18 (Random)

Ho Sin Sool

Cross Elbow Sleeve Grab and Same Side Elbow Sleeve Grab: # 1 - # 4
Bong (Stick Defense): # 1 - # 4

Ja Yu Dae Ryun

2 on 1 Sparring (Using Cho Dan members) Offensive Style, Defensive Style

Kyok Pa

Ro Hai Kyok Pa

Oral Exam

- A. Count from 11 to 15 in Korean and Chinese.
- B. What is the meaning of Moo Sung and Yu Sung and how does this philosophy apply to you?
- C. What does Moo Pahl Dan Kum mean?