

# Calderdale Family Karate

## 전통적인탕수지

Fitness Confidence Respect & Discipline

### Test Syllabus 10<sup>th</sup> Gup to 9<sup>th</sup> Gup

<b>General Requirements</b>	Good moral character Regular attendee at classes Good understanding of test syllabus Adherence to the club rules
<b>General Knowledge</b>	Class etiquette, and respect for others in the dojang Basic understanding of Tang Soo Do and what it is
<b>Hand and leg techniques (Soo Gi, Bahl Cha Gi)</b>	Horse riding stance, middle punch Front stance, low block Front stance middle punch Front stretch kick Inside to outside kick Outside to inside kick Front snap kick
<b>Forms (Hyung)</b>	Basic form number one (Ki Ch Hyung Il Bu) - by the count Basic form number two (Ki Ch Hyung E Bu) - by the count
<b>One Step Fighting (Il Soo Sik)</b>	None
<b>Self defence (Ho Sin Sul)</b>	None
<b>Free sparring</b>	Free sparring against one person
<b>Terminology</b>	<b>Tang Soo Do:</b> China knife hand <b>Uniform:</b> Do Bok <b>Belt:</b> Dee <b>Master Instructor:</b> Sa Bom Nim <b>Assistant Instructor:</b> Kyo Sa Nim <b>Training Hall:</b> Dojang <b>Loud Shout:</b> Ki Hap <b>Grade below Dan (black belt) level:</b> Gup



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## 전통적인탕수지

Fitness Confidence Respect & Discipline

### Test Syllabus 9<sup>th</sup> Gup to 8<sup>th</sup> Gup

<b>General Requirements</b>	Good moral character Regular attendee at classes Good understanding of test syllabus Adherence to the club rules
<b>General Knowledge</b>	Class etiquette, and respect for others in the dojang Basic understanding of Tang Soo Do and what it is
<b>Hand and leg techniques (Soo Gi, Bahl Cha Gi)</b>	Horse riding stance, middle punch Front stance, low block Front stance middle punch Front stretch kick Inside to outside kick Outside to inside kick Front snap kick
<b>Forms (Hyung)</b>	Basic form number one (Ki Ch Hyung Il Bu) - by the count Basic form number two (Ki Ch Hyung E Bu) - by the count
<b>One Step Fighting (Il Soo Sik)</b>	One step number one and two (Children) One step number one, to four (Adults) Children without partner, adults with a partner
<b>Self defence (Ho Sin Sul)</b>	Cross hand grab release – two different techniques (adults)
<b>Free sparring</b>	Free sparring against one person
<b>Breaking (Kyok Pa)</b>	Single board – Front snap kick
<b>Terminology</b>	<b>Attention:</b> Cha Ryut <b>Ready stance:</b> Choon Bee <b>Meditation:</b> Muk Nyum <b>Salute the flag:</b> Kuk Gi Bay Ay <b>Bow:</b> Kyung Yet <b>Prepare to kick:</b> Bal Cha Gi Choon Bee <b>Basic:</b> Ki Cho <b>Return:</b> – Ba Ro <b>Courage:</b> Yong Gi



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## 전통적인탕수지

Fitness Confidence Respect & Discipline

### Test Syllabus 8<sup>th</sup> Gup to 7<sup>th</sup> Gup

<b>General Requirements</b>	Good moral character Regular attendee at classes Good understanding of test syllabus Adherence to the club rules
<b>General Knowledge</b>	Class etiquette, and respect for others in the dojang Basic understanding of Tang Soo Do and what it is
<b>Hand and leg techniques (Soo Gi, Bahl Cha Gi)</b>	Horse riding stance, middle punch Front stance, high block Front stance high punch Front snap kick Inside to outside kick Side snap kick Roundhouse kick
<b>Forms (Hyung)</b>	Basic form number one (Ki Cho Hyung Il Bu) - by the count Basic form number two (Ki Cho Hyung E Bu) - by the count Basic form number three (Ki Cho Hyung Sam Bu) - by the count
<b>One Step Fighting (Il Soo Sik)</b>	One step number one to four (Children) One step number one, to six (Adults) Children without partner, adults with a partner
<b>Self defence (Ho Sin Sul)</b>	Grab to chest – two different techniques (adults)
<b>Free sparring</b>	Free sparring against one person
<b>Breaking (Kyok Pa)</b>	Single board – Side snap kick (from horse riding stance)
<b>Terminology</b>	<b>One to ten:</b> Hanna, Tull, Set, Net, Da Sot, Yuh Sot, Il Gup, Yo Dull, Ah Hop, Yohl <b>Endurance:</b> In Neh <b>Concentration:</b> Chung Shin Tong Il



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## 전통적인탕수지

Fitness Confidence Respect & Discipline

### Test Syllabus 7<sup>th</sup> Gup to 6<sup>th</sup> Gup

<b>General Requirements</b>	Good moral character Regular attendee at classes Good understanding of test syllabus Adherence to the club rules
<b>General Knowledge</b>	Class etiquette, and respect for others in the dojang Basic understanding of Tang Soo Do and what it is
<b>Hand and leg techniques (Soo Gi, Bahl Cha Gi)</b>	Front stance, inside to outside middle block Front stance outside to inside middle block Horse riding stance middle punch Side snap kick from horse riding stance Back kick from free fighting stance
<b>Forms (Hyung)</b>	Basic form number one (Ki Cho Hyung E Bu) Basic form number two (Ki Cho Hyung Sam Bu) Pyung Ahn Cho Dan
<b>One Step Fighting (Il Soo Sik)</b>	One step number one to six (Children) One step number one, to eight (Adults) Children without partner, adults with a partner
<b>Self defence (Ho Sin Sul)</b>	Two hands onto two hands grab – two techniques (adults)
<b>Free sparring</b>	Free sparring against one person
<b>Breaking (Kyok Pa)</b>	Single board – Roundhouse kick
<b>Terminology</b>	<b>Block:</b> Mah Kee <b>Attack:</b> Kong Kyuk <b>Low:</b> Ha Dan <b>Middle:</b> Choong Dan <b>High:</b> Sang Dan <b>Inside/Outside:</b> Ahneso Phakuro <b>Outside/Inside:</b> Phakeso Ahnuro <b>Front Stance:</b> Chun Gul Ja Seh <b>Back Stance:</b> Hu Gul Ja Seh <b>Front:</b> Ahp <b>Side:</b> Yup <b>Kick:</b> Cha Gi



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## 전통적인탕수지

Fitness Confidence Respect & Discipline

### Test Syllabus 6<sup>th</sup> Gup to 5<sup>th</sup> Gup

<b>General Requirements</b>	Good moral character Regular attendee at classes Good understanding of test syllabus Adherence to the club rules
<b>General Knowledge</b>	Class etiquette, and respect for others in the dojang Basic understanding of Tang Soo Do and what it is
<b>Hand and leg techniques (Soo Gi, Bahl Cha Gi)</b>	Back stance, inside to outside middle block Back stance knife hand middle block Front stance two finger strike Side snap kick, back kick combination from free fighting stance Roundhouse kick, spin back kick combination from free fighting stance
<b>Forms (Hyung)</b>	Basic form number three (Ki Cho Hyung Sam Bu) Pyung Ahn Cho Dan Pyung Ahn E Dan
<b>One Step Fighting (Il Soo Sik)</b>	One step number one to eight (Children without partner, adults with a partner)
<b>Self defence (Ho Sin Sul)</b>	Cross hand grab release – one technique (children) Two hands onto one grip - two techniques (adults)
<b>Free sparring</b>	Free sparring against one person
<b>Breaking (Kyok Pa)</b>	Single board – Hook kick
<b>Terminology</b>	<b>One:</b> Il <b>Two:</b> E <b>Three:</b> Sam <b>Four:</b> Sah <b>Five:</b> Oh <b>Six:</b> Yuk <b>Seven:</b> Chil <b>Eight:</b> Pal <b>Nine:</b> Ku <b>Ten:</b> Sip <b>Honesty:</b> Chung Jik <b>Humility:</b> Kyum Son



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## 전통적인탕수지

Fitness Confidence Respect & Discipline

### Test Syllabus 5<sup>th</sup> Gup to 4<sup>th</sup> Gup

<b>General Requirements</b>	Good moral character Regular attendee at classes Good understanding of test syllabus Adherence to the club rules
<b>General Knowledge</b>	Class etiquette, and respect for others in the dojang Basic understanding of Tang Soo Do and what it is
<b>Hand and leg techniques (Soo Gi, Bahl Cha Gi)</b>	Back stance, double arm middle block Back stance knife hand low block Horse riding stance palm heel strike Front snap kick, inside/outside kick combination from free fighting stance Hook kick, roundhouse kick combination from free fighting stance
<b>Forms (Hyung)</b>	Pyung Ahn Cho Dan Pyung Ahn E Dan Pyung Ahn Sam Dan
<b>One Step Fighting (Il Soo Sik)</b>	One step number one to ten (Children without partner, adults with a partner)
<b>Self defence (Ho Sin Sul)</b>	Same side hand grab – one technique (children) Grab from behind - two techniques (adults)
<b>Free sparring</b>	Free sparring against one person
<b>Breaking (Kyok Pa)</b>	Single board – Hook kick
<b>Terminology</b>	<b>Breaking:</b> Kyok Pa <b>Self Defence:</b> Ho Sin Sool <b>1-Step Sparring:</b> Il Soo Sik Dae Ryun <b>Sparring:</b> Dae Ryun <b>Begin:</b> Shi Jak <b>Balance:</b> Chong Shim <b>Line of Sight:</b> Shi Sun <b>By the Count:</b> Ku Ryung E Mat Cho So <b>Horse Stance:</b> Kee Ma Ja Seh <b>Control of Power:</b> Him Cho Chung <b>Tension and Relaxation:</b> Shi Chook <b>Speed Control:</b> Wan Gup



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## 전통적인탕수지

Fitness Confidence Respect & Discipline

### Test Syllabus 4<sup>th</sup> Gup to 3<sup>rd</sup> Gup

<b>General Requirements</b>	Good moral character Regular attendee at classes Good understanding of test syllabus Adherence to the club rules
<b>General Knowledge</b>	Class etiquette, and respect for others in the dojang Basic understanding of Tang Soo Do and what it is
<b>Hand and leg techniques (Soo Gi, Bahl Cha Gi)</b>	Front stance, double arm middle block Front stance low block, reverse middle punch combination Horse riding stance side punch, turning back fist combination Inside/outside kick, outside/inside kick from free fighting stance Combination number five from free fighting stance
<b>Forms (Hyung)</b>	Pyung Ahn E Dan Pyung Ahn Sam Dan Pyung Ahn Sa Dan
<b>One Step Fighting (Il Soo Sik)</b>	One step number one to twelve with a partner
<b>Self defence (Ho Sin Sul)</b>	Two hands onto one grab – one technique (children) Two hand lapel grab - two techniques (adults)
<b>Free sparring</b>	Free sparring against one person
<b>Breaking (Kyok Pa)</b>	Single board – Spin back kick
<b>Terminology</b>	<b>External Power:</b> Weh Gung <b>Internal Power:</b> Neh Gung <b>Spiritual Power:</b> Shim Gung <b>Back:</b> Dwi <b>Knife Hand:</b> Soo Do <b>Ridge Hand:</b> Yuk Soo Do <b>Spear Hand:</b> Kwan Soo <b>Heel of Palm:</b> Jang Kwan <b>Back Fist:</b> Cap Kwan <b>Turn:</b> Tora <b>Turn to Rear:</b> Dwi Ro Tora <b>Without the Count:</b> Ku Ryung Up Shi



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## 전통적인탕수지

Fitness Confidence Respect & Discipline

### Test Syllabus 3<sup>rd</sup> Gup to 2<sup>nd</sup> Gup

<b>General Requirements</b>	Good moral character Regular attendee at classes Good understanding of test syllabus Adherence to the club rules
<b>General Knowledge</b>	Class etiquette, and respect for others in the dojang Basic understanding of Tang Soo Do and what it is
<b>Hand and leg techniques (Soo Gi, Bahl Cha Gi)</b>	Front stance low block, reverse middle punch combination Front stance high block, reverse two finger strike combination Horse riding stance side punch, back stance inside/outside middle block Combination number five from free fighting stance
<b>Forms (Hyung)</b>	Pyung Ahn E Dan Pyung Ahn Sam Dan Pyung Ahn Sa Dan Pyung Ahn Oh Dan
<b>One Step Fighting (Il Soo Sik)</b>	One step number one to fourteen with a partner
<b>Self defence (Ho Sin Sul)</b>	Two hands onto two grab – two techniques (children) Grab to throat - two techniques (adults)
<b>Free sparring</b>	Free sparring against one person
<b>Breaking (Kyok Pa)</b>	Single board – Jump front snap kick
<b>Terminology</b>	<b>Front Stretch Kick:</b> Ahp Podo Oll Ri Gi <b>Front Snap Kick:</b> Ahp Cha Nut Gi <b>Side Kick:</b> Yup Cha Gi <b>Front Kick:</b> Ahp Cha Gi <b>Round Kick:</b> Dull Ryo Cha Gi <b>Back Kick:</b> Dwi Cha Gi <b>Back Spinnig Kick:</b> Dwi Dull Ryo Cha Gi <b>Inside / Outside Kick:</b> Ahneso Phakuro Cha Gi <b>Outside / Inside Kick:</b> Phakeso Ahnuro Cha Gi <b>Horse Stance Side Punch:</b> Wheng Jin Kong Kyuk <b>Spear Hand Attack:</b> Kwan Soo Kong Kyuk <b>Back Stance Side Middle Block:</b> Choong Dan Yup Mahk Kee



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## 전통적인탕수지

Fitness Confidence Respect & Discipline

### Test Syllabus 2<sup>nd</sup> Gup to 1<sup>st</sup> Gup

<b>General Requirements</b>	Good moral character Regular attendee at classes Good understanding of test syllabus Adherence to the club rules
<b>General Knowledge</b>	Class etiquette, and respect for others in the dojang Basic understanding of Tang Soo Do and what it is
<b>Hand and leg techniques (Soo Gi, Bahl Cha Gi)</b>	Front stance retreat low block, advance middle & high punch combination Front stance high block, reverse two finger strike combination Horse riding stance side punch, back stance inside/outside middle block Combination number five from free fighting stance Combination number ten from free fighting stance
<b>Forms (Hyung)</b>	Pyung Ahn E Dan Pyung Ahn Sam Dan Pyung Ahn Sa Dan Pyung Ahn Oh Dan Bas Ha Hee (Bassai)
<b>One Step Fighting (Il Soo Sik)</b>	One step number one to sixteen with a partner
<b>Self defence (Ho Sin Sul)</b>	Grab from behind – two techniques (children) All wrist grabs - two techniques (adults)
<b>Free sparring</b>	Free sparring against one person
<b>Breaking (Kyok Pa)</b>	Single board – Jump back, or jump spin back kick
<b>Terminology</b>	<b>Low Block, Front Stance:</b> Ha Dan Mahk Kee <b>High Punch, Front Stance:</b> Sang Dan Kong Kyuk <b>Middle Punch, Front Stance:</b> Choong Dan Kong Kyuk <b>High Block, Front Stance:</b> Sang Dan Mahk Kee <b>Inside/Outside Block, Front Stance:</b> Ahneso Phakuro Mahk Kee <b>Low Knife Hand Block, Back Stance:</b> Ha Dan Soo Do Mahk Kee <b>Middle Knife Hand Block, Back Stance:</b> Choong Dan Soo Do Mahk Kee <b>Front Stance, 2-Fisted Block:</b> Chun Gul Sang Soo Mahk Kee <b>Opposite Side:</b> Tuel Oh <b>Retreat:</b> Hu Jin <b>Jump Front Kick:</b> E Dan Ahp Cha Nut Gi <b>Low Block Front Stance, Opposite Side, Middle Punch:</b> Ha Dan Mahk Kee, Tuel Oh, Choon Dan Kong Kyuk



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## 전통적인탕수지

Fitness Confidence Respect & Discipline

### Test Syllabus 1<sup>st</sup> Gup to 1<sup>st</sup> Dan

<b>General Requirements</b>	Good moral character Regular attendee at classes Good understanding of test syllabus Adherence to the club rules
<b>General Knowledge</b>	Class etiquette, and respect for others in the dojang Written test – multiple choice Written essay – instructor's choice: What does Tang Soo Do mean to you? The meaning of the belt system The reason for rules, and etiquette in the Dojang
<b>Hand and leg techniques (Soo Gi, Bahl Cha Gi)</b>	Cho Dan set movements
<b>Forms (Hyung)</b>	Ki Cho Hyung Sam Bu Pyung Ahn Cho Dan Pyung Ahn E Dan Pyung Ahn Sam Dan Pyung Ahn Sa Dan Pyung Ahn Oh Dan Bas Ha Hee Dae Nai Han Ji Cho Dan Chil Sung Il Ro
<b>One Step Fighting (Il Soo Sik)</b>	One step number one to eighteen with a partner
<b>Self defence (Ho Sin Sul)</b>	All grabs – instructor's choice Knife defence – two techniques for each attack
	Free sparring against one person
<b>Breaking (Kyok Pa)</b>	Single board – two separate breaking techniques
<b>Terminology</b>	Completed as part of the hand and leg techniques



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## 전통적인탕수지

Fitness Confidence Respect & Discipline

### Test Syllabus 1<sup>st</sup> Dan to 2<sup>nd</sup> Dan

<b>General Requirements</b>	Good moral character Regular attendee at classes Providing regular assistance in running classes Enforcing the club rules Leading by example
<b>General Knowledge</b>	Class etiquette, and respect for others in the dojang Demonstrate ability to conduct a lesson
<b>Hand and leg techniques (Soo Gi, Bahl Cha Gi)</b>	E Dan set movements
<b>Forms (Hyung)</b>	Ki Cho Hyung Sam Bu Pyung Ahn Sa Dan Pyung Ahn Oh Dan Bas Ha Hee Dae Nai Han Ji Cho Dan Nai Han Ji E Dan Sip Soo E Sip Sa Bo Chil Sung Il Ro Chil Sung E Ro Chil Sung Sam Ro
<b>One Step Fighting (Il Soo Sik)</b>	One step number nine to eighteen with a partner Free one-step
<b>Self defence (Ho Sin Sul)</b>	Break-falling – forward roll, forward drop, backward drop, side roll Throat grab followed by hook punch Pyung Ahn E Dan, and Pyung Ahn O Dan demonstration (Bun Hae)
<b>Free sparring</b>	Free sparring against one person
<b>Breaking (Kyok Pa)</b>	Two separate boards – single breaking technique Single board – two separate breaking techniques one hand and one foot
<b>Terminology</b>	Completed as part of the hand and leg techniques



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## 전통적인탕수지

Fitness Confidence Respect & Discipline

### Test Syllabus 2<sup>nd</sup> Dan to 3<sup>rd</sup> Dan

<b>General Requirements</b>	Good moral character Regular instruction during classes Enforcing the club rules Leading by example
<b>General Knowledge</b>	Class etiquette, and respect for others in the dojang Demonstrate ability to conduct lessons and teach basic syllabus
<b>Hand and leg techniques (Soo Gi, Bahl Cha Gi)</b>	Sam Dan set movements
<b>Forms (Hyung)</b>	Pyung Ahn Oh Dan Bas Ha Hee Dae Nai Han Ji Cho Dan Nai Han Ji E Dan Sip Soo E Sip Sa Bo Jin Do Bas Ha Hee So Chil Sung Sam Ro Chil Sung Sa Ro
<b>One Step Fighting (Il Soo Sik)</b>	One step number nine to eighteen with a partner Free one-step
<b>Self defence (Ho Sin Sul)</b>	Break-falling – forward roll, forward drop, backward drop, side roll Circular throw against cross/hook punch Take down against full nelson Bas Ha Hee, and Nai Han Ji Cho Dan demonstration (Bun Hae)
<b>Free sparring</b>	Free sparring against one person
<b>Breaking (Kyok Pa)</b>	Single board – free standing, break with hand, or foot technique
<b>Terminology</b>	Completed as part of the hand and leg techniques



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## 전통적인탕수지

Fitness Confidence Respect & Discipline

### Test Syllabus 3<sup>rd</sup> Dan to 4<sup>th</sup> Dan

<b>General Requirements</b>	Good moral character Proven track record for instructing classes Enforcing the club rules Leading by example
<b>General Knowledge</b>	Class etiquette, and respect for others in the dojang Demonstrate ability to conduct lessons and teach advanced syllabus
<b>Hand and leg techniques (Soo Gi, Bahl Cha Gi)</b>	Sa Dan set movements
<b>Forms (Hyung)</b>	Pyung Ahn Oh Dan Nai Han Ji Sam Dan Sip Soo E Sip Sa Bo Jin Do Ro Hai Bas Ha Hee So Kong Sang Koon Chil Sung Sa Ro Chil Sung O Ro
<b>One Step Fighting (Il Soo Sik)</b>	One step number nine to eighteen with a partner Free one-step
<b>Self defence (Ho Sin Sul)</b>	All self-defence techniques – instructor's choice E Sip Sa Bo and Bas Ha Hee So demonstration (Bun Hae) Knife defence and related Bun Hae from two Hyungs
<b>Free sparring</b>	Free sparring against one person
<b>Breaking (Kyok Pa)</b>	Two separate boards – free standing, break with hand, or foot technique
<b>Terminology</b>	Conduct grading test



# Calderdale Family Karate

## 전통적인탕수지

Fitness Confidence Respect & Discipline

### Test Syllabus 4<sup>th</sup> Dan to 5<sup>th</sup> Dan

<b>General Requirements</b>	Good moral character Instructing classes on a regular basis Enforcing the club rules Leading by example
<b>General Knowledge</b>	Class etiquette, and respect for others in the dojang Demonstrate ability to conduct lessons and teach advanced syllabus
<b>Hand and leg techniques (Soo Gi, Bahl Cha Gi)</b>	Sa Dan set movements
<b>Forms (Hyung)</b>	Nai Han Ji Sam Dan Sip Soo E Sip Sa Bo Jin Do Ro Hai Kong Sang Koon Sei Shan Wang Shu Jion O Sip Sa Bo
<b>One Step Fighting (Il Soo Sik)</b>	One step number nine to eighteen with a partner Free one-step
<b>Self defence (Ho Sin Sul)</b>	All self-defence techniques – instructor's choice Candidate's choice of Bun Hae from any of the test Hyungs
<b>Free sparring</b>	Free sparring against one person
<b>Breaking (Kyok Pa)</b>	Two separate boards – as part of demonstration Hyung
<b>Terminology</b>	Conduct grading test



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## 전통적인탕수지

Fitness Confidence Respect & Discipline

### Test Syllabus 5<sup>th</sup> Dan to 6<sup>th</sup> Dan

<b>General Requirements</b>	Minimum of 23 years Tang Soo Do training experience Good moral character Strong leadership and ability to inspire others Promoting the art to a wide audience Instructing own classes Enforcing and embedding the club rules Extensive knowledge and understanding about the art
<b>General Knowledge</b>	Class etiquette, and respect for others in the dojang Demonstrate ability to conduct lessons and teach advanced students
<b>Hand and leg techniques (Soo Gi, Bahl Cha Gi)</b>	Sa Dan set movements
<b>Forms (Hyung)</b>	Sei Shan Wang Shu Jion O Sip Sa Bo Kong Sang Koon So Woon Soo So Jin Cho Dan Chil Sung Yuk Ro
<b>One Step Fighting (Il Soo Sik)</b>	Demonstration of one step number nine to eighteen Free one-step
<b>Self defence (Ho Sin Sul)</b>	Demonstration of knowledge by instructing others
<b>Free sparring</b>	Free sparring against one person
<b>Breaking (Kyok Pa)</b>	Two separate boards – as part of demonstration Hyung
<b>Terminology</b>	Conduct grading test and shim-sa



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## 전통적인탕수지

Fitness Confidence Respect & Discipline

### Test Syllabus 6<sup>th</sup> Dan to 7<sup>th</sup> Dan

<b>General Requirements</b>	Minimum of 30 years Tang Soo Do training experience Good moral character Providing detailed technical instruction to Ko Dan Ja and Yu Dan Ja Establishment of club values, rules and constitution Strong leadership and ability to inspire others Promoting the art to a wider audience Clear evidence of ability to build strong relationships with other clubs Provide direction and advice to other Ko Dan Ja
<b>General Knowledge</b>	Class etiquette, and respect for others in the dojang Demonstrate ability to conduct lessons and teach advanced students
<b>Hand and leg techniques (Soo Gi, Bahl Cha Gi)</b>	Sa Dan set movements
<b>Forms (Hyung)</b>	Sei Shan Wang Shu Jion O Sip Sa Bo Woon Soo Jin Do So Jin Toi So Jin Cho Dan So Jin E Dan Chil Sung Yuk Ro
<b>One Step Fighting (Il Soo Sik)</b>	Demonstration of one step number nine to eighteen
<b>Self defence (Ho Sin Sul)</b>	Demonstration of knowledge by instructing others
<b>Free sparring</b>	None
<b>Breaking (Kyok Pa)</b>	None
<b>Terminology</b>	Conduct grading test and shim-sa

