**First Degree Black Belt (Cho Dan) Curriculum Sheet**

**Required Attendance**:

Minimum of 100 Classes & 1 Year Training since Date of Last Test

**Required Score on Test:**

85% - Written; 85% - Physical;

**Required Thesis:**

Minimum of 1,000 Words

**Other Requirements:**

Student must have a record teaching classes

**Required Techniques:**

Hand Techniques: Foot Techniques:

- Multiple Combination Hand Techniques - Multiple Combination Foot Techniques

Forms: Weapons:

Sip Soo 12 Angles of Attack

Hand One Step Techniques: Foot One Step Techniques:

#26 – Knife Hand Block, Step, Arm Break, Elbow Strike #26 – Parry Block, Round House Kick, Spinning Hook Kick

#27 – Knife Hand Block, Ridge Hand, Grab Neck, Knee #27 – Low Side Kick, Diagonal Kick, Jumping Round House Kick

#28 – Knife Hand Block, Trap Arm, Wrist Lock, TD #28 – Low Sweep Wheel Kick

#29 – Knife Hand Block and Groin Strike, Flip, Throw, TD #29 – Palm Block, Jumping Front - Round House Kick

#30 – Knife Hand Block, Ridge Hand, Wrap, Back Break #30 – Palm Block, Jumping Spinning (180°) Inside Outside Crescent Kick

Self Defense Techniques: Other Self Defense Techniques:

26 - Attack from Front while Sitting Drag on Floor

27 - Attack from Side while Sitting Attack from Rear while Sitting

28 - Rear Neck Grab while Sitting Multiple Combinations Attacks

29 - Front Attack while Laying Rear Attack while Laying

30 - Pin and Choke while Laying

Rolls & Break Falls: Sparring:

None Sparring ability against 3 people