

Testing for I Dan Check Off List

Must be completed before Instructor gives permission to test

Patterns:

- 4 Direction Punch _____
- 4 Direction Block _____
- Chon-Ji _____
- Dan-Gun _____
- Do-San _____
- Won-Hyo _____
- Yul-Gok _____
- Joong-Gun _____
- Toi-Gye _____
- Hwa-Rang _____
- Chung-Moo _____

ATTENDANCE:

- 6 Months active training
- 50 Classes

TOURNAMENT COMPETITION

- _____
Date & Event

Step Sparring:

- Beginning 3 Step _____
- 3 Step _____
- 2 Step _____
- 1 Step _____
- Prearranged _____
- Model _____

Ho Sin Sul:

- 2 Minute Routine _____

Breaking:

- Flying side _____
- Break #2 _____
- Break #3 _____

Community Service:

- Completed _____

WRITTEN PROJECTS:

- Note Book _____
- Report _____

Black Belts, when signing off an item, please check the box, print your last name, initial and date on the line provided. If a candidate does not pass off an item at the time of the request, they must wait at least one week before attempting to pass off that item again and it must be done with the same Black Belt as the prior attempt to pass off.