



CDB 2 TO CDB 3

TIP TEST REQUIREMENTS

Name: _____

For each tip, you must successfully perform the task for three black belts and get them to initial that it has been completed. If they have critique, they will not initial but tell you what needs to be improved. The last two columns are reserved to redo after passing Phase I of your black belt exam. When the first three columns of chart are complete, **and you have enough training hours (min 24)**, you are ready to test for Cho Dan Bo, Level 3.

Tip 1

Requirement – Do and know the Korean terms	BB 1	BB 2	BB 3	Phase BB 1	Phase BB 2
Punches: Middle, High, Horse, Reverse					
Combos: L/M/H-H/M/L Punch					
Kicks: Front, Side, Round, Hop Side, Back					
Forms: Pyung Ahn Hyung Dai					
Personal: Intensity, Consistency					
Weapon: Bong Hyung Il Bu					
One Steps: Intermediate 1-5					

Tip 2

Requirement – Do and know the Korean terms	BB 1	BB 2	BB 3	BB 1	BB 2
Strikes: Palm Heel, Elbow, Spear hand					
Combos: Low Block/Rev Punch, Crescent/Side Kick					
Kicks: Crescent-I/O, O/I, Hop I/O; Knee					
Tradition: 5 Codes (with prompting.)					
Begin Creative Open-hand Form					

Tip 3

Requirement – Do and know the Korean terms	BB 1	BB 2	BB 3	BB 1	BB 2
Strikes: Ridge Hand, Plier Grip, U-Punch					
Combos: Front/Side/Back Kick, Yuk Jin					
Kicks: Hook, Hop Hook, Axe, Jump Front, Reverse Round					
Tradition: 5 Codes					
Leadership: Work with a group					
Self-Defense: Chokes: 1-5, Chokes 1-5 with takedowns					

Written Exam covering Kicks & Stances Score: _____