



# CDB 1 TO CDB 2

## 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 2.

### Tip 1

Requirement – Do and know the Korean terms	BB 1	BB 2	BB 3	Phase BB 1	Phase BB 2
<b>Stances: Front, Back</b>					
<b>Blocks: Low, High, Side</b>					
<b>Weapons: Basic Stick Form</b>					
<b>Forms: Ki Cho Hyung Dai</b>					
<b>Personal: Grades (for youth), Respectful</b>					

### Tip 2

Requirement – Do and know the Korean terms	BB 1	BB 2	BB 3	Phase BB 1	Phase BB 2
<b>Stances: Fighting, Horse</b>					
<b>Blocks: Inside-Outside, Outside-Inside, Low Knife hand, Middle Knife hand</b>					
<b>Choose Independent Weapon</b>					
<b>Tradition: Creed (with prompting.)</b>					
<b>Personal: Good attendance, belt tying</b>					

### Tip 3

Requirement – Do and know the Korean terms	BB 1	BB 2	BB 3	Phase BB 1	Phase BB 2
<b>Stance: Side</b>					
<b>Blocks: Reinforced-back and front stance, Low X-block, High X-Block</b>					
<b>One Steps: Basic 1-5</b>					
<b>Tradition: Complete Student Creed</b>					
<b>Leadership: Warm up Class</b>					

<b>Written Exam covering Forms &amp; Blocks</b>	Score:	
<b>Fitness Test: 1 minute sit ups</b>		
<b>1 minute push ups</b>		
<b>1 minute squats</b>		
<b>Mile run</b>		

