



CDB 3 TO CDB 4

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 4.

Tip 1

Requirement – Do and know the Korean terms	BB 1	BB 2	BB 3	Phase BB 1	Phase BB2
Kicks: Spinning Side, Spinning Hook					
One-Steps: Advanced 1-5					
Weapon: Bong Hyung Ee Bu					
Form: Chilsung Ee Lo					
Work on Creative Weapon Form					

Tip 2

Requirement – Do and know the Korean terms	BB 1	BB 2	BB 3	Phase BB 1	Phase BB 2
Kicks: Spinning Round, Jump Round					
Self-Defense: Take-downs					
Forms: Bassai Dai, Du Mun					
Tradition: 7 Tenets					
Work on Creative Open Hand Form					

Tip 3

Requirement – Do and know the Korean terms	BB 1	BB 2	BB 3	Phase BB 1	Phase BB 2
Kicks: Jump Back, Flying Side					
Self-Defense: Knife					
Tradition: 8 Key Concepts					
Leadership: Assist in classes regularly					

Individual Goals

Requirements (attach another page if necessary)	BB 1	BB 2	BB 3	Phase BB 1	Phase BB 2

