



CDB 4 TO CHO DAN

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 apply to do Phase 1 of Black Belt testing.

Tip 1

Requirement – Do and know the Korean terms	BB 1	BB 2	BB 3	Phase BB 1	Phase BB 2
Kicks: Jump Spinning Round, Side, Crescent, Hook					
Self-Defense: Wrist Locks, Wrist->TD					
Weapons: Chang Gum					
Personal: Self-Discipline					

Tip 2

Requirement – Do and know the Korean terms	BB 1	BB 2	BB 3	Phase BB 1	Phase BB 2
Self-Defense: Gun Defense					
Forms: Chil Sung Il Lo, Chil Sung Sam Lo					
Perfected Creative Open-hand Form					
Personal: Confidence					

Tip 3

Requirement – Do and know the Korean terms	BB 1	BB 2	BB 3	Phase BB 1	Phase BB 2
Forms: Nai Ahn Chi Cho Dan, Bassai Seo					
Perfected Creative Weapon Form					
Breaking: Knowledge and Demonstration					
Sparring: Knowledge and Demonstration					

Written Exam: Strikes & Commands	Score:		
	Result	CDB1 Result	Difference
Fitness Test: 1 minute sit ups			
1 minute push ups			
1 minute squats			
Mile run			