



1ST GUP TO CHO DAN BO

TIP TEST REQUIREMENTS

Name: _____

For each tip, you must perform the tasks for at least three people listed (2 black belts) and get them to initial that it has been completed. (NOTE: AdvBelt is any adult student, red belt or higher.) If they have critique, they will not initial but tell you what needs to be improved. One row may also be incomplete. When the chart is done, **and you have enough training hours (24)**, you are ready to test for Cho Dan Bo.

Tip 1

Requirement	BlkBelt1	BlkBelt2	BlckBelt3	AdvBelt1	AdvBelt2
Bassai Dai					
Chang Gum					
Wrist Locks, any order					
Jump Spinning Crescent Kick					
Korean Terms: Pyung Ahn Oeh Dan, Bassai Dai, Naihanchi Cho Dan					
8 Key Concepts					

Tip 2

Requirement	BlkBelt1	BlkBelt2	BlckBelt3	AdvBelt1	AdvBelt2
Naihanchi Cho Dan, with help					
Cha Gi: Jump spinning crescent					
Wrist Lock sparring					
Proficiency in three weapons, two forms per weapon.					
Korean Terms: By Instructor's Count, By Student's Count.					

Tip 3

Requirement	BlkBelt1	BlkBelt2	BlckBelt3	AdvBelt1	AdvBelt2
Naihanchi Cho Dan					
Breaking: 3 stations, continuous break					
Knows the meanings behind American Flag, Korean Flag, TSDMA logo					

Exam covering 10-1 st Gup	Score:	
--------------------------------------	--------	--