

Cheongye Kwan Daehando

Dan Grading Test



1st Dan Black Belt



STATIONARY

20X Star Squats - 20X V-Sits - 30X Press Ups - 30 X Single Leg Squat Thrusts

ADVANCE AND RETREAT

4X Low, Mid and High Blocks with Reverse Punch
4X Mountain Block with Sidekick and Reverse Punch
4X Inner Mid Section forearm Block with Backfist and Reverse Punch

4X Mid Section Double Uppercut Strike - 4X High Section Turning Elbow Strike

4X Double 45° Kick into Slip Reverse Kick
4X Low Crescent Kick, Side Kick (same leg) Turning Kick
4X Turning Kick, Hook Kick (same leg) Reverse Kick

TECHNICAL SKILL

Extend and hold a front leg Turning Kick – Low, Mid, High (2 sec) – Both Legs

PATTERN

Koryo - 2 patterns of examiners choice and 1 pattern of student's choice

SPARRING

Freesparring with 2 attackers

SELF DEFENCE

Takedowns from 2 attackers (1 attacker with a knife)

WEAPON WORK

Basic Sai Pattern - Number One

BREAKS

Suspended Reverse Kick - Punch through Two Inches

KOREAN PHILOSOPHY

Development & Knowledge Portfolio update
Demonstrate a good understanding of teaching a class