



Cho Dan Bo All students must complete a minimum of 6 months consistent training since last grading prior to attempting the Cho Dan Bo level

PUMSEI / FORMWORK: TAEGUK 1 - 8 GORYO

HANBON GYORUGI / STEP SPARRING - HAND TECHNIQUES

Attack in Front Stance, Defender must use required technique along with 3 additional Hand Techniques a Block is counted as a technique.

Attack - Defence

1. Right Body Punch - Spear Hand
2. Left Body Punch - Palm Strike
3. Right Face Punch - Elbow / Back Fist
4. Left Face Punch - Knife Hand Strike / Reverse Knife Hand Strike

HANBON GYORUGI / STEP SPARRING - KICKING TECHNIQUES

Defender must use required techniques along with 2 additional Kicking Techniques

Attack - Defence

1. Right Front Kick - Jumping Front Kick
2. Left Front Kick - Continuous front / Round House Kick
3. Right Side Kick - Jumping Turning Back Kick
4. Left Side Kick - Jumping Side Kick
5. Right Roundhouse Kick - Spinning Heel Kick
6. Left Roundhouse Kick - Spinning Crescent Kick

HOSHINSUL / SELF DEFENCE

1. Belt Front
2. Underarm Front
3. Throat Front
4. Both Lapels
5. Full Nelson
6. Shoulder Side
7. Under Arm Behind
8. Throat Back
9. Headlock
10. Over Arm Behind

KNIFE ATTACK

1. Knife Attack Under
2. Knife Attack Slashing Across
3. Knife Attack Front Chest

CLUB ATTACK

1. Over Head
2. Swinging Across the Body

SPARRING

4 / 5 Rounds (Light Contact Only)

GENERAL TERMINOLOGY

From all previous Grading's

KORYO TERMINOLOGY

(You must show all formwork moves individually and say each move in Korean for both Stances and hand / kicking techniques)

ETIQUETTE

(You must learn all of the club's Etiquette as outlined in the Schembri's Taekwondo & Self Defence - Information Booklet)

PHILOSOPHY

(Refer to Schembri's Taekwondo & Self Defence - Information Booklet)

BOARD BREAKING

4 Boards - (Hands/Feet) (own choice)