

**PROMOTION REQUIREMENTS**  
**Temporary 1st Dan Testing for 1<sup>st</sup> Dan**

Forms	Koryo So Chulgi Cho Dan All Lower Forms
Terminology	All
Breaking Technique	Hand and Foot power breaks with brick
Sparring	Multiple opponents
Thesis	See below

**BASIC ONE STEPS**

ATTACK	COUNTER
1. Attack with baton	Defend using: 5 hand counters 5 kicking counters 5 takedowns

**THESIS**

Patience and Loyalty – Explain the importance of them as a Black Belt

Adults – five typed double spaced pages

Children (under 12) – 3 typed double spaced pages