

Family Martial Arts Center

**I.D. Size Photo
REQUIRED**

Student _____

Age _____ Student Number _____

Test form, fee and
picture are due one
week before your test.

ADULT CHO DAN BO BELT

Number	Description of Technique	Score
1	Reverse Scissor Block, Low Knife Block, Middle Knife Block, Step Back Middle Palm Block, Step Forward Middle Punch/Low Punch – Bondae Gawee Makki, Arae Son Nal Makki, Momtong Son Nal Makki, Batan Son Makki, Momtong Chiggi/Arae Chiggi	
2	Step Back/Inside Block, Jumping Inside Kick/Outside Kick, Middle Punch, Low Roundhouse Kick, Tumble Back – Ahn Makki, Edan Ahn/Bakka Chuggi, Momtong Chiggi, Arae Doleyo Chuggi, Di Nak Bup	
3	Jumping Reverse Roundhouse Kick, Tumble 45 degrees, Turn Back, Jumping Side Kick, Back Knuckle, Tiger Mouth, Outside Axe Kick, Jumping Foot Stomp – Edan Bondae Doleyo Chuggi, Nak Bup, Edan Yup Chuggi, Ekwon, Agum Son Chiggi, Bakka Chuggi, Edan Bal Jiroogi	
4	Form 8 – Poomsae Taegeuk Pal Jang	
5	Dive Tumbling – Men: 2 Obstacles Waist Level, 4 Obstacles Low – Women: 2 Obstacles Low – Nak Bup	
6	Self Defense Skills (Instant Creation 1 Minute) Ho Shin Sul	
7	Punching Skills (Riding Horse Stance 50 Fast Punches) – Chuggi	
8	Self Defense 9 – Ho Shin Sul – <i>Single Lapel Grab</i>	
9	One Step Punch Sparring 9 – Ilbo Son Kyurugi	
10	One Step Knife Sparring 1,2 – Ilbo Kal Kyurugi	
11	Medium-contact Free Sparring: 2 on 1 – Kyuroogi	
12	Breaking – Kyuk Pa (Roundhouse Kick 2 Boards - Men – Women: 1 Board - Doleyo Chuggi. Both sexes must break 1 board using Ridge Hand and Low Roundhouse Kick – Bondae Son Nal and Arae Doleyo Chuggi)	
13	Physical Skills – 22 Pushups, 45 Rowing Exercises	
14	Questions	
15	Attendance	
16	Discipline – Poom Hyung	

Please return your test form within one week.

Examiner: _____ **Result:** _____ **Date:** _____