



TESTING FROM 3rd DAN TO 4th DAN

3D

(Testing to 4th Degree Black Belt)

Student name: _____

Patterns

- Chon-Ji
- Yul-Gok
- Joong-Gun
- Choong-Moo
- Kwang-Gae
- Eui-Am
- Choong-Jang
- Sam-Il
- Yoo-Sin
- Choi-Yong
- Classes required to test = 180

| |
|--|
| |
| |
| |
| |
| |
| |
| |
| |
| |
| |
| |

Kicking

- Sitting Stance Waving Kick
- Middle Twisting Kick
- Crescent / Side Kick

| |
|--|
| |
| |
| |

Basic Techniques / Fitness

- Push-ups - 50 reps
- Squats - 50 reps
- Stand-ups 50 reps

| |
|--|
| |
| |
| |

Sparring

- Foot Sparring
- Model Sparring
- Free Sparring 3 opponents

| |
|--|
| |
| |
| |

Ho Shin Sool

- Random attacks 3 opponents 1 minute

| |
|--|
| |
|--|

Power

- Power foot breaking 4-5 boards
- Technique foot breaking 3-4 boards
- Hand breaking wood 2-3 boards
- Technique hand breaking 1-2 boards

- Right or Left -

| |
|--|
| |
| |
| |
| |

Theory

Korean Terminology

| |
|--|
| |
|--|

Student Instructor Relationship

| |
|--|
| |
|--|

Definition of Sam-Il: SAM-IL denotes the historical date of the independence movement of Korea which began throughout the country on March 1, 1919. The 33 movements in the pattern stand for the 33 patriots who planned the movement. (33 Movements)

| |
|--|
| |
|--|

Definition of Yoo-Sin: YOO-SIN is named after General Kim Yoo Sin, a commanding general during the Silla Dynasty. The 68 movements refer to the last two figures of 668 A.D., the year Korea was united. The ready posture signifies a sword drawn on the right rather than left side, symbolizing Yoo-Sin's mistake of following his Kings' orders to fight with foreign forces against his own nation. (68 Movements)

| |
|--|
| |
|--|

Definition of Choi-Yong: CHOI-YONG is named after General Choi Yong, premier and commander in chief of the armed forces during the 14th century Koryo Dynasty. Choi Yong was greatly respected for his loyalty, patriotism, and humility. He was executed by his subordinate commanders headed by General Yi Sung Gae, who later became the first King of the Lee Dynasty. (46 Movements)

| |
|--|
| |
|--|