
Cho Dan Promotion Requirements

General Requirements

The following are minimum requirements to be eligible for promotion:

- Age requirements: No minimum age
- Proof of current federation membership
 - Federation ID Card
- Membership time must equal or exceed required training time
- Must be of sound moral character

Expectations of Performance

Candidate should be able to demonstrate the following:

- Distance control
- Demonstration of proper intent during physical demonstration
- Proper acceleration of movement to maximum force
- Demonstration of proper ceremony during Il Soo Sik and Ho Shin Sul

Culture, Terminology, and History

Candidate should be able to explain his or her understanding of the following:

- See standard World Moo Duk Kwan questions along with written examination

Cho Dan

Demonstration of Ability

- **Basic Movements (Ki Cho Bup)**

All lower belt techniques and requirements

Hand and foot combinations using all known techniques

- **Forms (Hyung)**

Passai

Chil Sung Il Ro Hyung

Chil Sung Sam Ro Hyung

Du Mun Hyung (Adults only)

- **One-Step Sparring (Il Soo Sik)**

Adults: All (Il Bon to Sip Pahl Bon)

Children: Il Bon to Gu Bon (odd numbers only)

- **Self-Defense (Ho Shin Sul)**

Adults:

- Side wrist grips
- Rear wrist grips
- All lower belt requirements

Children: Il Bon & E Bon of the following sets

- Cross Wrist Grips
- Two on One Wrist Grips
- Same Side Wrist Grips
- Two on Two Wrist Grips

- **Free Sparring (Ja Yu Deh Ryun)**

Free sparring

- **Breaking (Kyok Pa)**

Ee Dan Dwi Cha Gi (Jump Back Kick) *or*

Yeon Soo Kyok Pa with one Soo Gi technique and one Jok Gi technique

- **In Neh**

Thirty (30) seconds of continuous punching (Kee Mah Jaseh) with focus on power, speed, and proper direction of hip for maximum effectiveness of each punch. Goal: 120 punches with proper technique and form.

Note: Kyok Pa & In Neh can be adjusted subsequent to discussion with Regional Examiner(s) based on age and/or health considerations.