Blue Belt (Cho Dan Bo)

Mastery Requirements

ELIGIBILITY

- All general rules and promotion qualifications.

- Show complete capability of becoming a Black Belt member.

- Minimum of twenty-four (24) months of training prior to being eligible to test. Minimum three (3) months of training since testing for 1st Gup; twenty-four (24) classes since testing for 1st Gup.

Physical Test:

Basic Techniques:

- Be completely skilled in all basic techniques.

- Be able to demonstrate multi-combination and double action techniques.

Hyung (Forms):

- Sae Kye Hyung Il Bu through Bassai

- Bong Hying Il Bu

- Naihanchi Cho Dan

- Bong Hyung E Bu

Dae Ryun (Sparring):

- One step sparring - hand & kick techniques (1) through (30).

- Demonstration of three (3) step techniques (Sam Soo Sik Dae Ryun) may be required.

- Free sparring (Ja Yu Dae Ryun) - must show high degree of standard sparring techniques.

- Demonstration of one against two free sparring may be required.

Ho Sin Sul (Defensive Abilities):

- Self defense techniques (1) through (30) including sitting, lying on floor, weapon self-defense, and safe falling techniques.

- Demonstration of random situation self-defense by one or two attackers may be required.

- Demonstration of basic rolling/falling may be required.

Kyuck Pa (Breaking Abilities):

- The applicant may be asked to break with hand and kick techniques using multi-target setup.

- Quantitites may be determined by the examiners according to applicant's age and other conditions. Boards or cinder blocks may be used, as described under "Breaking Guidelines."

Knowledge:

- All knowledge gained in junior ranks may be reviewed, including all material in the Gup Manual.

- Suggested questions:

- o What does it mean to you to be a Cho Dan Bo?

- o Can you explain the meaning of the Tang Soo Do belt colors?

- o Point out several Kup So (vital points) and explain their effect when point is struck.

- o What is the responsibility of a Cho Dan Bo member in class?