



Testing requirements for Bodan Belt

- * Clean Uniform With TKD patch on chest
- *Must submit Testing Application
- *Must turn bubble sheet(with testing application)
- * Must bring food for potluck(10 servings)
- *Must stay the entire test exam

QUESTIONS:

In Pyoung Ahn sam dan what is the scissor block doing?

Meaning of Tae guk poomsae?

How Many steps in all tae guk forms starting with IL Jang.

MUST KNOW 1 STEP SAPRRING 1-6

MUST KNOW KOREAN TERMINOLOGY

Must know parent birthday

FORMS:

PYONG AHN OH DAN

TAEGUEK PAL JANG

SO RIM BO SUL EAGLE

CHALLENGE FORM: ? ANY OF THE PREVIOUS FORMS

15 HOURS OF SCHOOL SERVICE

KICKS:

1. Auto bond round kick ,auto bond round kick -Turn (kikap)-same to rear

(Jump switch motion, turn to back pivoting on front leg ,jump the same leg round kick)

2 Back leg double side kick (lo-Hi) jump running flying side kick (right leg)

kibap on kick - step and turn (kikap) - same to rear (left leg)

3.Back leg Crescent kick , two butterfly crescent kick(same leg)- step and turn (kikap) -same to rear

Bag work (1 minute)

Focus Pads (1 minute)

Hap Ki DO -3

Board Breaking Technique:

Knife Chop

Round Kick (2 boards on kick)

