

## **CHO DAN TERMINOLOGY REQUIREMENTS**

1. **Ha Dan Mahk Kee:** Low Block (Front Stance)
2. **Sang Dan Kong Kyuk:** High Punch (Front Stance)
3. **Choong Dan Kong Kyuk:** Middle Punch (Front Stance)
4. **Sang Dan Mahk Kee:** High Block (Front Stance)
5. **Ahneso Phakuro Mahk Kee:** Inside-Outside Block (Front Stance)
6. **Wheng Jin Kong Kyuk:** Side Middle Punch (Horse Stance)
7. **Choong Dan Yup Mahk Kee:** Side Middle Block (Back Stance)
8. **Ha Dan Soo Do Mahk Kee:** Low Knife Hand Block (Back Stance)
9. **Choong Dan Soo Do Mahk Kee:** Middle Knife Hand Block (Back Stance)
10. **Choong Gul Sang Soo Mahk Kee:** Two-fisted Middle Block (Front Stance)
11. **Ha Dan Mahk Kee, Tuel Oh Choong Dan Kong Kyuk**  
Low Block (Front Stance), Opposite Middle Punch (Same Stance)
12. **Sang Dan Mahk Kee, Tuel Oh Choong Dan Kong Kyuk**  
High Block (Front Stance), Opposite Middle Punch (Same Stance)
13. **Ahp Cha Nut Gi, Tuel Oh Choong Dan Kong Kyuk**  
Front Kick, Opposite Middle Punch (Front Stance)
14. **Choong Dan Soo Do Mahk Kee, Tuel Oh Kwan Soo Kong Kyuk**  
Middle Knife Hand Block (Back Stance), Opposite Side Spear Hand Strike (Front Stance)
15. **Ha Dan Mahk Kee, Ahneso Phakuro Mahk Kee, Tuel Oh Choong Dan Kong Kyuk**  
Low Block (Front Stance), Inside-Outside Block (Same Stance), Opposite Middle Punch (Same Stance)
16. **Sang Dan Mahk Kee, Tuel Oh Ha Dan Mahk Kee, Wheng Jin Kong Kyuk**  
High Block (Front Stance), Opposite Side Low Block (Same Stance), Side Middle Punch (Horse Stance)
17. **Wheng Jin Kong Kyuk, Hu Jin, Choong Dan Yup Mahk Kee**  
Side Middle Punch (Horse Stance), Retreat, Side Middle Block (Back Stance)
18. **E-dan Ahp Cha Nut Gi, Tuel Oh Choong Dan Kong Kyuk**  
Jumping Front Kick, Opposite Middle Punch (Front Stance)

## **E-DAN, SAM DAN, & SAH DAN REQUIREMENTS**

1. Ha Dan Mahk Kee
2. Choong Dan Kong Kyuk
3. Ahneso Phakuro Mahk Kee
4. Choong Dan Yup Mahk Kee
5. Choong Dan Soo Do Mahk Kee
6. Ha Dan Mahk Kee, Tuel Oh Choong Dan Kong Kyuk
7. Ahp Cha Nut Gi, Tuel Oh Choong Dan Kong Kyuk
8. Ha Dan Mahk Kee, Ahneso Phakuro Mahk Kee, Tuel Oh Choong Dan Kong Kyuk
9. Wheng Jin Kong Kyuk, Hu Jin, Choong Dan Yup Mahk Kee
10. Yuk Jin Kong Kyuck
11. Dollyo Cha Gi, Kap Kwan Kong Kyuk, Tuel Oh Choong Dan Kong Kyuk
12. Yup Podo Cha Gi, Sang Dan Mahk Kee, Tuel Oh Choong Dan Kong Kyuk
13. Sang Dan Mahk Kee, Tuel Oh Pal Koop Kong Kyuk
14. Ha Dan Mahk Kee, Tuel Oh Soo Do Kong Kyuk
15. Ahp Cha Nut Gi, Ha Dan Mahk Kee, Tuel Oh Sang Dan Kong Kyuk
16. Ahneso Phakuro Cha Gi, Tuel Oh Yuk Soo Do Kong Kyuk
17. Ahp Cha Nut Gi, Ha Dan Mahk Kee, Tuel Oh Pal Koop Kong Kyuk
18. Dwi Cha Gi, Ha Dan Mahk Kee, Tuel Oh Pal Koop Kong Kyuk
19. Phakeso Ahnuro Cha Gi, Gatten Bal Yup Podo Cha Gi, Tuel Oh Sang Dan Kong Kyuk
20. Phakeso Ahnuro Cha Gi, Choi Ha Dan Soo Do Mahk Kee, Tuel Oh Choong Dan Kong Kyuk