# Rank Requirements / Study Material

# Dan - Blue Belt

| | HYUNG | IL SOO SIK | HO SIN SOOL | JA YU DAE RYUN | KYOK PA | KI CHO | TERMINOLOGY |
|---|---|---|---|---|---|---|---|
| **Cho Dan** **1st** | Jin Do<br>Nai Han Ji E Dan<br>Pyung Ahn E Dan<br>Joong Jol (Yuk Ro E Dan)<br>Chil Sung Sam Ro Hyung | #1 - #18 | Cross Sleeve Grab<br>Same Side Sleeve Grab<br>#1 - #4<br><br>Dan Do (Knife Defense)<br>#1 - #5 | 2 on 1 | Ssang Bal Ahp Cha Nut Gi<br>or<br>Yonsok Kyok Pa (one Soo Gi and two Jok Gi) | **Hand Techniques:**<br>Hwak Kuk Jang Cap Kwon<br>Hwak Kuk Jang Kwon Do Il Bon<br>Do Mahl Sik Il Bon<br>Ta Ko Sik Il Bon<br>Po Wol Seh Il Bon<br>Yo Sik Il Bon<br>**Foot Techniques:**<br>E Dan Ahp Cha Nut Gi<br>E Dan Dollyo Cha Gi<br>E Dan Ahneso Pahkuro Cha Gi<br>E Dan Pahkeso Ahnuro Cha Gi<br>E Dan Yup Podo Cha Gi<br>E Dan Dwi Cha Gi<br>E Dan Yup Hu Ri Gi | A. What is the motivation for the name of the Chil Sung Hyungs?<br>B. What is the meaning of the words Neh Ga Ryu and Weh Ga Ryu?<br>C. What is the meaning of Ryu Pa? |
| | CHILDREN<br><br>Same | CHILDREN<br><br>Same | CHILDREN<br><br>Same | CHILDREN<br><br>Same | CHILDREN<br><br>Same | | |
| **Ee Dan** **2nd** | Ro Hai<br>Nai Han Ji Sam Dan<br>Pyung Ahn Sa Dan<br>Po Wol (Yuk Ro Sam Dan)<br>Chil Sung Sa Ro Hyung | #1 - #18 | Cross Elbow Sleeve Grab<br>Same Side Elbow Sleeve Grab<br>#1 - #4<br><br>Bong (Stick Defense)<br>#1 - #4 | 2 on 1 | Ro Hai Kyok Pa | **Hand Techniques:**<br>Hwak Kuk Jang Cap Kwon<br>Hwak Kuk Jang Kwon Do E Bon<br>Do Mahl Sik E Bon<br>Ta Ko Sik E Bon<br>Po Wol Seh E Bon<br>Yo Sik E Bon<br><br>**Foot Techniques:**<br>E Dan Dwi Ahneso Pahkuro Cha Gi<br>E Dan Dwi Hu Ri Gi | A. Count from 11 to 15 in Korean and Chinese.<br>B. What is the meaning of Moo Sung and Yu Sung and how does this philosophy apply to you?<br>C. What does Moo Pahl Dan Kum mean? |
| | CHILDREN<br><br>Same | CHILDREN<br><br>Same | CHILDREN<br><br>Same | CHILDREN<br><br>Same | CHILDREN<br><br>Same | | |
| **Sam Dan** **3rd** | Sip Soo<br>Kong Sang Koon<br>Pyung Ahn O Dan<br>Yang Pyun (Yuk Ro Sa Dan)<br>Chil Sung O Ro Hyung | #1 - #18 | All previous requirements | All previous requirements | Any technique requested by the Examination Board | All previous requirements | All previous requirements |
| | CHILDREN<br><br>Same | CHILDREN<br><br>Same | CHILDREN<br><br>Same | CHILDREN<br><br>Same | CHILDREN<br><br>Same | | |