



CHO DAN BO

(1ST Gup)

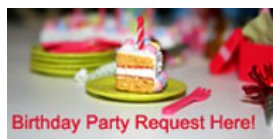
Test Requirements

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<p>Techniques:</p> <ol style="list-style-type: none"> 1. Stances - All 2. Reverse Bo Block 3. 9-shaped 4. U-shaped punch 5. Reverse Arc hand punch 6. Reverse Ridge hand punch 	<p>Kicks:</p> <ol style="list-style-type: none"> 1. Jump Spinning Crescent 2. Jump Spinning Hook
<p>One Steps</p> <ul style="list-style-type: none"> • Round Kick counter (2 techniques) 	<p>Self Defense:</p> <ul style="list-style-type: none"> • Shoot leg takedown • Neck Choke
<p>Noc Bup:</p> <ul style="list-style-type: none"> • Jump Front Fall 	<p>Breaks:</p> <ul style="list-style-type: none"> • You'll find out
<p>Sparring:</p> <ul style="list-style-type: none"> • You'll find out 	<p>Hyung (Form):</p> <ul style="list-style-type: none"> • All
<p>Knowledge:</p> <ul style="list-style-type: none"> • You'll find out 	<p>Terminology:</p> <ul style="list-style-type: none"> • You'll find out

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