

Bodan Rank Requirements

Bodan to Bodan 1st Star

Basics: Ability to perform all basic, intermediate and advanced techniques to their level.
Poomse: Kicho, TaeGeuk 1 – 8, Koryo.
Creative Poomse: Six steps minimum of a musical or traditional style form. (Open hand).
Self-Defense: 45 - 48
Sparring: 1v1 leg and body only. One round of 2v1.
Breaking Techniques: Speed ridge hand / two kick combination both intermediate.
Weapon: Jang Bong (long stick).
Calisthenics: In one minute: Push up = 30+, Sit up = 30+, Squats = 30+. Plank = 1.20 minutes.
Terminology & Knowledge: See Dan Terminology & Knowledge Sheet.
Essay: What is poomse? Handed in as a prerequisite.

Bodan 1st Star to Bodan 2nd Star

Basics: Ability to perform all basic, intermediate and advanced techniques to their level.
Poomse: Kicho, TaeGeuk 1 – 8, Koryo.
Creative Poomse: Twelve steps minimum of a musical or traditional style form. (Open hand).
Self-Defense: 49 - 52
Sparring: 1v1 leg and body only. One round of 2v1.
Breaking Techniques: Double knuckle punch / two kick combination intermediate & advanced.
Weapon: Jang Bong (long stick).
Calisthenics: In one minute: Push up = 30+, Sit up = 30+, Squats = 30+. Plank = 1.20 minutes.
Terminology & Knowledge: See Dan Terminology & Knowledge Sheet.
Essay: What is breaking? Handed in as a prerequisite.

Bodan 2nd Star to Bodan 3rd Star

Basics: Ability to perform all basic, intermediate and advanced techniques to their level.
Poomse: Kicho, TaeGeuk 1 – 8, Koryo.
Creative Poomse: Eighteen steps minimum of a musical or traditional style form. (Open hand).
Self-Defense: Minimum of four techniques vs open hand attacks.
Sparring: 1v1 leg and body only. One round of 2v1.
Breaking Techniques: Drop knuckle punch / two kick combination both advanced.
Weapon: Jang Bong (long stick).
Calisthenics: In one minute: Push up = 30+, Sit up = 30+, Squats = 30+. Plank = 1.20 minutes.
Terminology & Knowledge: See Dan Terminology & Knowledge Sheet.
Essay: What is sparring? Handed in as a prerequisite.