

## **Bodan Rank Requirements V1.5**

### **Bodan to Bodan 1<sup>st</sup> Star**

Basics: Ability to perform all basic, intermediate and advanced techniques to their level.

Poomse: Kicho, TaeGeuk 1 – 8, Koryo.

Creative Poomse: Basic form in any shape. Minimum of six steps.

Self-Defense: 45 - 48

Sparring: 1v1 leg and body only. One round of 2v1.

Breaking Techniques: Speed ridge hand / two kick combination both intermediate.

Calisthenics: In one minute: Push up = 30+, Sit up = 30+, Squats = 30+. Plank = 2 min.

Terminology & Knowledge: See Dan Terminology & Knowledge Sheet.

Essay: What is poomse? Handed in as a prerequisite.

### **Bodan 1<sup>st</sup> Star to Bodan 2<sup>nd</sup> Star**

Basics: Ability to perform all basic, intermediate and advanced techniques to their level.

Poomse: Kicho, TaeGeuk 1 – 8, Koryo.

Creative Poomse: Basic open hand form in any shape. Minimum of twelve steps.

Self-Defense: 49 - 52

Sparring: 1v1 leg and body only. One round of 2v1.

Breaking Techniques: Double knuckle punch / two kick combination intermediate & advanced.

Calisthenics: In one minute: Push up = 30+, Sit up = 30+, Squats = 30+. Plank = 2 min.

Terminology & Knowledge: See Dan Terminology & Knowledge Sheet.

Essay: What is breaking? Handed in as a prerequisite.

### **Bodan 2<sup>nd</sup> Star to Bodan 3<sup>rd</sup> Star**

Basics: Ability to perform all basic, intermediate and advanced techniques to their level.

Poomse: Kicho, TaeGeuk 1 – 8, Koryo.

Creative Poomse: Basic open hand form in any shape. Minimum of eighteen steps.

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.

Calisthenics: In one minute: Push up = 30+, Sit up = 30+, Squats = 30+. Plank = 2 min.

Terminology & Knowledge: See Dan Terminology & Knowledge Sheet.

Essay: What is sparring? Handed in as a prerequisite.