

# Bodan to Black Belt Testing Check List:

Essay:

Punches/Strikes (Jeroogi/Chiki):

Fitness Qualification Goals:

30  
Squats

30  
Sit-ups

30  
Push-ups

Basic Punch

Hammer Fists

Palm Strike

Knife-hand

Elbow Strike

Turning Strikes

Ridge-hand

Backfist

Stance (Suegi):

Attention

Ready

Kicking

Horse

Fighting

Walking

Back

Front

Twisting

Tiger

Left/Right

Blade

Front

Back

Side

Round

Crescents

Kicks (Chagi):

Axe

Skipping

Turning

Hook

360

Blocks (Makki):

Low Block

Outside-Middle

Inside-Middle

High Block

Knife-hand

Double

Open Blocks

Scissor

Eight Point System

Poomse (Form):

Kicho-

TaeGeuk 1

TaeGeuk 2

TaeGeuk 3

TaeGeuk 4

Creative

TaeGeuk 5

TaeGeuk 6

TaeGeuk 7

TaeGeuk 8

Koryo