

Cho Dan Bo

Forms: 1. Sip Soo and all preceding forms
2. Jaon

Mixed Form: 1st half Pyung Ahn Sadan, 2nd half Pyung Ahn Odan

Applications:



1. Catch the bong



2. Twist the bong across your body



3. Pull the bong to the opposite side



4. Push away and pull back sharply to take the bong



1. Double grab to lapels



2. Push one arm down and one arm up



3. Secure the raised hand to your chest and pass your other arm underneath



4. Step out and push hand against back of shoulder to lock



1. Step out and block with in-to-out block on outside of arm



2. Grab the attacker's arm



3. Pull attacker forwards and hook punch to ribs



1. Double grab to wrists. Twist the body



2. Whip body round and double strike to break grip



3. Place edge of hands on the attacker's collarbone



4. Push attacker away

Fitness (4 mins)

- 36 'Round the Clock' push ups
- 35 Burpees
- 35 Sit Ups (knees Up)
- 35 Heel Jumps

Basics

- As directed.
- These will be at a level appropriate to your grade and jump techniques are added at purple belt level.

Breaking

- One hand technique breaking a block of wood
- One foot technique breaking a block of wood

Sparring

- As directed.
- You can expect to have more bouts and longer times as you progress through the grades.

Bong

- Bong Form 2

Knife

- Knife Form 1

Typical Grading Questions:

1. The meaning of Sip Soo
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2. The animal symbol for Sip Soo
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3. The meaning of Jaon
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4. The animal symbol for Jaon
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