

KO DAN JA 2024!

Training and Testing Event
Thu 1 – Sat 3 Aug 2024

Theme: The deeper meaning and significance of “Intention”

Dear Tang Soo Do Practitioner,

I hope you are in good health and spirits. It is with great pleasure that I am sending this Invitation for you to attend “KO DAN JA 2024” for advanced Tang Soo Do training. Serious Black Belts have “Master Rank” as their goal, and the goal of this Shim Sa is to raise and develop leaders and realize a STRONG FUTURE!

This Shim Sa will center on the training of the aspects of techniques, philosophy, disciplines which bring deeper insight into our “Intention”. “Concentration” (Chung Shin Tong Il) will be the Key Concept of focus. The underlying question of meditation during Ko Dan Ja is:

“If I can define and refine my life’s intention and truly concentrate on its implementation, where will this take me?”

Training will also include “Byeonhwa” (Principals there of, and the Practical Application of Hyungs). For Masters and Senior Masters in Tang Soo Do. With “time” being our most precious resource, we know how challenging it is to find both the time and the opportunity to receive valuable training at the Ko Dan Ja level. Please take the appropriate measures to prepare physically and mentally to get every drop of meaning and significance from “Ko Dan Ja 24!”!

Tang Soo!
David L. Sgro, 8th Dan
Founder San Kil Tang Soo Do
President Moo Yea Tang Soo Do

KO DAN JA 2024!

Dan Test Application

Dear Dan Testing Candidate:

Once you receive your invitation letter and plan on attending please submit all required items, post marked by 15 June 2024. Failure to do so may result in the candidate not testing.

Required Items:

- 1) Dan Test application completed
- 2) A digital photo (e-mail to davidlsgro@gmail.com)
- 3) Essays, (Two pages, double spaced, font size 12, "Courier" or "Times New Roman"): "What does Intention mean to you and how it applies to your life"
- 4) Appropriate Fees:

Fees (Check which applies): Dan Test (Check the box "MYTSD" or "MYTSD and KTMA):

Rank	MYTSD	MYTSD and KTMA
Training Only	_____ \$250	N/A
1st Dan (Cho Dan)	_____ \$250	_____ \$295
2nd Dan (EE Dan)	_____ \$275	_____ \$335
3rd Dan (Sam Dan)	_____ \$300	_____ \$355
4th Dan (Sa Dan) & Sa Bom	_____ \$500	_____ \$575
5th Dan (Oh Dan)	_____ \$525	_____ \$600
6th Dan (Yuk Dan)	_____ \$550	_____ \$700
7th Dan (Chil Dan)	_____ \$600	_____ \$900

Mail to:

David L Sgro

c/o "Ko Dan Ja 24!"

2631 Raeford Rd

Fayetteville, NC 28303

KO DAN JA 2024!

Dan Test Application

Name: _____ E-mail: _____

City: _____ State: _____ Zip: _____

Phone (H): _____ (C): _____

Instructor: _____

Your Rank: _____ Date of Last Testing: _____

Completed by the Testing Board. Score: Below 6.9 FAIL, 7.0 and above: PASS:

1) Hand and Foot Techniques: Score: _____

2) Required Hyungs Score: _____

To Test For (All previous required Hyungs may be requested):

1st Dan: Bassi, Nai Han Ji Cho Dan.

2nd Dan: Jin Do, Nai Han Ji EE Dan.

3rd Dan: Rho Hai, Nai Han Ji Sam Dan.

4th Dan: Koon Song Koon, Sip Soo.

5th Dan: Wan Shu, Sei San.

6th Dan and Above: Jion, Oh Ship Sa Bu.

3) One Step Sparring: Score: _____

4) Self-Defense: Self-defense techniques from different attacks and grabs.

5) Breaking (Choose a multi-station break for your level): Score: _____

6) Recommendation: ___ Pass ___ Fail ___ Retest

_____ I recommend this student retests in the following areas:

_____ 1) Hand and Foot Techniques

_____ 2) Hyungs

_____ 3) One Step Sparring

_____ 4) Self-Defense _____ 5) Breaking _____ 6) Free Sparring

Waiver of Claim:

I hereby submit (Circle one: myself, my child) application for registration in "KO DAN JA 24!" I agree to waive all claims against any persons, school, or association connected with SGRO KARATE, David L. Sgro, and the training and testing. I assume complete and full responsibility for any injuries I may sustain, and for all my actions in connection with "KO DAN JA 24!".

Signature/Date:

_____ Date _____