

KO DAN JA 2021

Shim Sa (Test)

Wed 27 – Sat 30 Jan 2021

“Step by step, walk the thousand mile road”. Miyamoto Musashi

26 Oct 2020

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 2021” 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! Continuing to develop the leadership of MYTSD (Moo Yea Tang Soo Do) is critical for a successful future, which permeates from “the head down”. Leaders that grow and develop realize that the key in growth and development of their leadership skill is, in part, through studying Leadership as they would a new Hyung or “technique”.

This Shim Sa will cover techniques, philosophy, disciplines, and “Walking the thousand mile road” (The key concept of “In Neh” Endurance). What does it take to endure the long road? Questions such as “What is the key to my Moo Do success?” Why do people fail on the long road? We’ll train in “Principals of Bunkai” (Practical Application of Hyungs).

This Shim Sa will be challenging, both physical and mentally. For Masters and Senior Masters in Tang Soo Do we know how challenging it is to find both the time and the opportunity to receive valuable training at the Ko Dan Ja level. “This” Ko Dan Ja is an opportunity to train and shine!

Tang Soo!
David L. Sgro, Chil Dan
Moo Yea Tang Soo Do Founder and President

Required Items for the Tang Soo Do Ko Dan Ja Shim Sa

28 Oct 2020

Re: Invitation to attend the 7th Ko Dan Ja Shim Sa

Dear Candidate,

I hope this letter finds you in good health and spirits. It is with great pleasure to inform you that you are being recommended to attend "7th Ko Dan Ja 2021 Shim Sa" to test for your next rank. The Dan rank is an honor and a responsibility. This letter serves as a guide to prepare you for your Dan examination. Train hard to make sure you are ready. All sessions are mandatory.

Required Items:

(To insure adequate time to set up for the Dan test, all required items must be Post Marked by 13 Jan 2021. Failure to do so may result in the candidate not testing).

Mail to:

David L Sgro
c/o "Ko Dan Ja 2021"
439 Westwood SC PMB 215
Fayetteville, NC 28314

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"):
Sa Dan & Oh Dan Candidates: Compare and contrast "Neh Ga Ryu" and "Weh Ga Ryu"
Sa Bom Candidates: Explain your responsibilities and your teaching philosophy.
Oh Dan Candidates: How do 'Knowledge, Understanding, and Wisdom' differ?

4) San Kil Tang Soo Do Testing Fee: (Checks made out to: "SKTSD")
Sa Dan (4th Dan) and Sa Bom: \$500
Oh Dan (5th Dan): \$500

5) San Kil Tang Soo Do Dan 2021 membership (Checks made out to "SKTSD")
Single: \$40 Family: \$80

Tang Soo!
David L. Sgro, Chil Dan
San Kil Tang Soo Do Founder

Training and Testing Schedule (All times are approximate):

Wed 27 Jan 2021

2:30 - 4:00pm Session 1
4:30 - 6:00pm Session 2
6:30 - 8:00pm Session 3

Thu 28 Jan 2021

9:00 – 10:30am Session 4
11:00 – 12:30pm Session 5
2:00 - 3:30pm Session 6
4:00 - 5:00pm Session 7
6:00 - 8:00pm Session 8

Fri 29 Jan 2021

9:00 – 12:00pm Session 9
2:00 – 4:00pm Session 10
6:00 - 8:00pm Session 11

Sat 30 Jan 2021

Outside Sunrise: Session 12 Open to Ko Dan Ja Candidates, (Invited guest only)
8:30 – 9:30am Session 13 Private Portion of the Dan Test (Invitation Only)
10:00 – Close Winter Tournament and Masters Public Demonstration

San Kil Tang Soo Do Dan Test Application

Name: _____ E-mail: _____
Address: _____ City: _____ State: _____ Zip: _____
Phone (H): _____ (C): _____
Instructor: _____ Your Rank: _____ Date of Last Testing: _____

Dan and Instructor Rank Testing for (please check):
_____ Sa Dan _____ Oh Dan _____ Sa Bom Nim

To be 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):

4th Dan: Koon Song Koon, Sip Soo

5th Dan: Wan Shu, Sei San

6th Dan: Jion, Oh Ship Sa Bu

3) One Step Sparring: Score: _____

4) Self-Defense: Perform various self-defense techniques from different attacks and grabs. Ko Dan Ja will demonstrate against multiple attackers.

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

6) Free Sparring: Score: _____

7) Recommendation: (Check one of the following:) ___ 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

8) Signature/Date: _____ Date _____

“KO DAN JA 2021” Release Form and Fee Schedule

Name: _____ Belt: _____ Rank: _____

Address: _____
Street City State Zip Code

Tel: _____ Age: ____ Wt. _____ Sex: ___ Male ___ Female

Instructor: _____ Rank: _____ School: _____

Waiver of Claim:

I hereby submit (Circle one: myself, my child) application for registration in “KO DAN JA 2021”. I agree to waive all claims against any persons, school, or association connected with SGRO KARATE, David L. Sgro, and the training and testing associate with “KO DAN JA 2021”. I assume complete and full responsibility for any injuries I may sustain, and likewise will assume full responsibility for all my actions in connection with “KO DAN JA 2021”.

Signature (parents if participant is a minor)/Date