

KO DAN JA 2022!

Wed 20 – Sat 24 April 2022

“Embrace the possibilities”

9 Feb 2022

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 2022” 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 “Embrace the possibilities”. The key concept of Ko Dan Ja 2022 is Youg Gi (Courage) Endurance). What’s possible in my life if I “embrace courage? Questions such as “Where can courage create future success in areas of past failures”? We’ll also 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, 8th Dan
Moo Yea Tang Soo Do Founder and President

KO DAN JA 2022!

Wed April 20, 2022

Session #1: 2:30 – 4:30pm

Session #2: 6:30 – 10:00pm (Sunset work out)

Thu April 21, 2022

Session #3: 9:00 – Noon

Session #4: 2:00 – 4:00pm

Session #5: 6:00 – 8:00pm (Sunset work out)

Fri April 22, 2022

Session #6: 6:30 – 8:30am (Sunrise work out)

Session #7: 10:00 - Noon

Afternoon: Enjoy the day to go site-seeing in Daytona or St Augustine

Session #8: 6:00 – 8:00pm (Sunset work out)

Sat April 23, 2022

Session #9: 6:30 – 8:30am (Sunrise work out)

Session #10: 10:00 – Noon

Test: 2:00 – 4:00pm

KO DAN JA 2022!

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

9 Feb 2022

Re: Invitation to attend the 8th 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 8th Ko Dan Ja 2022 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 30 March 2022. Failure to do so may result in the candidate not testing.

Mail to:

SGRO Karate

David L Sgro

c/o “Ko Dan Ja 2022”

2631 Raeford Rd

Fayetteville, NC 28303

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?

Yuk Dan Candidates: What does it mean to be a “Senior Master”?

Chil Dan Candidates: What is the “asters Mind Set?”

Pahl Dan Candidates: What will your martial arts legacy be?

4) Masters Testing Fee \$600. For students enrolled in KJN Sgro's online class, Masters Testing Fee is \$500. (Checks made out to: “SKTSD

Tang Soo!

David L. Sgro, 8th Dan

Moo Yea Tang Soo Do Founder

Moo Yea Tang Soo Do Dan Test Application

Name: _____ E-mail: _____

Address: _____ City: _____ State: _____ Zip: _____

Phone (H): _____ (C): _____

Instructor: _____ Your Rank: _____ Date of Last Testing: _____

Rank/Title Testing for (please check): Sa Dan Oh Dan Yuk Dan Chil Dan
 Pahl 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

7th Dan: Sojin, Sip Yuk

8th Dan: Jiin, Unsu

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

Waiver of Claim:

I hereby submit (Circle one: myself, my child) application for registration in, and 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 2022". 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 2022".

Signature (parents if participant is a minor)/Date