

# San Kil Tang Soo Do Dan Test Application

## Personal Information:

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_

State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone (H): \_\_\_\_\_ Phone (C): \_\_\_\_\_

Instructor: \_\_\_\_\_ Your Rank: \_\_\_\_\_

SKTSD Dan Classing: \_\_\_\_\_ Test Date: \_\_\_\_\_

Test Location: \_\_\_\_\_

## Dan Rank Testing for:

\_\_\_\_\_ Cho Dan                      \_\_\_\_\_ EE Dan                      \_\_\_\_\_ Sam Dan

\_\_\_\_\_ Sa Dan                      \_\_\_\_\_ Oh Dan                      \_\_\_\_\_ Yuk Dan

## Instructor Rank Testing for:

## Level Testing for:

\_\_\_\_\_ Jo Kyo Nim (1<sup>st</sup> Gup & up)                      \_\_\_\_\_ 1st                      \_\_\_\_\_ 2nd                      \_\_\_\_\_ 3rd

\_\_\_\_\_ Son Saeng Nim                      \_\_\_\_\_ 4th                      \_\_\_\_\_ 5th                      \_\_\_\_\_ 6th

\_\_\_\_\_ Kyo Sa Nim                      \_\_\_\_\_ 7th                      \_\_\_\_\_ 8th                      \_\_\_\_\_ 9th

\_\_\_\_\_ Sa Bom Nim

## To be completed by the Testing Board:

(Score: Below 6.9 FAIL, 7.0 and above: PASS)

### 1) Hyungs (Forms)

(Proper execution of Hyung with emphasis on tension/relaxation, speed control and application of technique)

#### Gi Cho:

\_\_\_\_\_ Il Bu  
 \_\_\_\_\_ EE Bu  
 \_\_\_\_\_ Sam Bu

#### Bassi:

\_\_\_\_\_ So  
 \_\_\_\_\_ Dai

#### Nai Han Chi:

\_\_\_\_\_ Cho Dan  
 \_\_\_\_\_ EE Dan  
 \_\_\_\_\_ Sam Dan

#### Dan Hyungs

\_\_\_\_\_ So Jin  
 \_\_\_\_\_ Chinto  
 \_\_\_\_\_ Lo Hai  
 \_\_\_\_\_ Kong Song Koon

#### Pyung Ahn:

\_\_\_\_\_ Cho Dan  
 \_\_\_\_\_ EE Dan  
 \_\_\_\_\_ Sam Dan  
 \_\_\_\_\_ Sa Dan  
 \_\_\_\_\_ Oh Dan

#### Chil Sung:

\_\_\_\_\_ Il Rho  
 \_\_\_\_\_ EE Rho  
 \_\_\_\_\_ Sam Rho  
 \_\_\_\_\_ Sa Rho  
 \_\_\_\_\_ Oh Rho  
 \_\_\_\_\_ Yuk Rho  
 \_\_\_\_\_ Chil Rho

#### Yuk Rho:

\_\_\_\_\_ Du Moon  
 \_\_\_\_\_ Chung Jul  
 \_\_\_\_\_ Pol Wal  
 \_\_\_\_\_ Yang Pyung  
 \_\_\_\_\_ Sal Chu  
 \_\_\_\_\_ Yuk Dan

\_\_\_\_\_ Kong Song So  
 \_\_\_\_\_ Sip Soo  
 \_\_\_\_\_ Wan Shu  
 \_\_\_\_\_ Sei San  
 \_\_\_\_\_ Jion  
 \_\_\_\_\_ Oh Sip Sa Bu  
 \_\_\_\_\_ Ryu Pi Ryu  
 \_\_\_\_\_ Toy Yu Ryu  
 \_\_\_\_\_ Chun Yu Ryu

#### Testing Board Notes:

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**2) Ho Sin Sul (Self-Defense)**

**(Proper execution of release and controlling techniques with proper balance and sensitivity)**

Each candidate is to prepare at least one defense each of the items listed.

\_\_\_\_\_ Wrist Locks 1-5

- 1. Kote Gaeshi
- 2. Shiho Nage
- 3. Ik Kyo
- 4. Ni Kyo
- 5. San Kyo

\_\_\_\_\_ Standing Body Grabs 1-5

- 1. Headlock
- 2. Single Lapel
- 3. Double Lapel
- 4. Rear Bear Hug – Arms in
- 5. Rear Bear Hug – Arms out

**3) Il Soo Sik Dae Ryun (One Step Sparring)**

**(Proper execution of one-steps with emphasis on etiquette and ceremony of demonstrating the techniques)**

_____ 1	_____ 2	_____ 3	_____ 4	_____ 5
_____ 6	_____ 7	_____ 8	_____ 9	_____ 10
_____ 11	_____ 12	_____ 13	_____ 14	_____ 15
_____ 16	_____ 17	_____ 18	_____ 19	_____ 20

**4) Dae Ryun Gisul (Sparring Combinations)**

**(Proper execution of sparring techniques and sparring concepts with balance, speed and control of power)**

_____ 1	_____ 2	_____ 3	_____ 4	_____ 5
_____ 6	_____ 7	_____ 8	_____ 9	_____ 10
_____ 11	_____ 12	_____ 13	_____ 14	_____ 15
_____ 16	_____ 17	_____ 18	_____ 19	_____ 20

**Testing Board Notes:**

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## 5) Ki Cho (Basic Movement)

(Proper execution of blocking/striking/kicking and combinations with emphasis on hip rotation, proper stance & balance)

### *Soo Gi (Hand Techniques)*

\_\_\_\_\_ **Ha Dan Mahk Kee:** Low block

\_\_\_\_\_ **Sang Dan Mahk Kee:** High block

\_\_\_\_\_ **Ahneso Pahkuro Mahk Kee:** Inside/Outside block

\_\_\_\_\_ **Pahkeso Ahnuro Mahk Kee:** Outside/Inside block

\_\_\_\_\_ **Yup Mahk Kee:** Inside/Outside block, back stance

\_\_\_\_\_ **Chun Gul Ssang Soo Mahk Kee:** Reinforced block/front stance

\_\_\_\_\_ **Hu Gul Ssang Soo Mahk Kee:** Reinforced block/back stance

\_\_\_\_\_ **Ha Dan Soo Do Mahk Kee:** Low knife hand block

\_\_\_\_\_ **Choon Dan Soo Do Mahk Kee:** Center knife hand block

\_\_\_\_\_ **Ssang Soo Ha Dan Mahk Kee:** Low X block

\_\_\_\_\_ **Ssang Soo Sang Dan Mahk Kee:** High X block

\_\_\_\_\_ **Yang Soo Ahneso Pahkuro Tuel Oh Ha Dan Mahk Kee:** Two Hand Blocking: Inside/Reverse low block

\_\_\_\_\_ **Choon Dan Kong Kyuck:** Center punch

\_\_\_\_\_ **Sang Dan Kong Kyuck:** High punch

\_\_\_\_\_ **Wheng Jin Kong Kyuck:** Horse stance punch

\_\_\_\_\_ **Yuk Jin Kong Kyuck:** Knife hand strike/ reverse punch, back stance

\_\_\_\_\_ **Cap Kwan Kong Kyuck:** Back fist

\_\_\_\_\_ **Kwan Soo Kong Kyuck:** Spear hand

\_\_\_\_\_ **Yuk Soo Do Kong Kyuck:** Ridge hand attack

\_\_\_\_\_ **Jip Kay Son:** Pliers grip strike

\_\_\_\_\_ **Jang Kwon Kong Kyuck:** Palm heel strike

\_\_\_\_\_ **Pal Koop Kong Kyuck:** Elbow strike

### *Cha Gi (Foot Techniques)*

\_\_\_\_\_ **Ahp Cha Gi:** Front kick

\_\_\_\_\_ **Yup Cha Gi:** Side kick

\_\_\_\_\_ **Dull Ryo Cha Gi:** Roundhouse kick

\_\_\_\_\_ **Ahneso Pahkuro Cha Gi:** Inside/Outside kick

\_\_\_\_\_ **Pahkeso Ahnuro Cha Gi:** Outside/Inside kick

\_\_\_\_\_ **Dwi Cha Gi:** Back kick

\_\_\_\_\_ **Hu Ri Gi Cha Gi:** Hook kick

\_\_\_\_\_ **Dwi Dollyo Hu Ri Gi Cha Gi:** Spin hook kick

\_\_\_\_\_ **Dwi Dull Ryo Ahneso Pahkuro Cha Gi:** Spin inside/outside kick

\_\_\_\_\_ **Dee Mule Yup Cha Gi:** Hop Side Kick

\_\_\_\_\_ **Dee Mule Hu Ri Gi Cha Gi:** Hop Hook Kick

\_\_\_\_\_ **EE Dan Up Cha Gi:** Jump Front Kick

\_\_\_\_\_ **EE Dan Dull Ryo Cha Gi:** Jump Round Kick

\_\_\_\_\_ **EE Dan Yup Cha Gi:** Jump Side Kick

\_\_\_\_\_ **EE Dan Ahneso Pahkuro Cha Gi:** Jump Inside/Outside Kick

\_\_\_\_\_ **EE Dan Pahkeso Ahnuro Cha Gi:** Jump Outside/Inside kick

\_\_\_\_\_ **EE Dan Dwi Cha Gi:** Jump Back kick

\_\_\_\_\_ **EE Dan Dwi Dull Ryo Hu Ri Gi Cha Gi:** Jump Spin Hook kick

\_\_\_\_\_ **EE Dan Dwi Dull Ryo Ahneso Pahkuro Cha Gi:** Jump Spin Inside/Outside kick

\_\_\_\_\_ **EE Dan Dwi Dull Ryo Pahkeso Ahnuro Cha Gi:** Jump spin Outside/Inside kick