

Saja Tang Soo Do
Color Belt Curriculum

10th Gup Requirements

Kee Cho Hyung IL Boo
Low Block
Horizontal Punch
Front Kick
Outside Palm Deflect
2 One Steps:
Vs. Front Kick

9th Gup Requirements

Kee Cho Hyung EE Boo
High Block
Vertical Punch
Side Snap Kick
Side Thrust Kick
Inside Palm Deflect
2 One Steps:
Vs. High Punch

8th Gup Requirements

Kee Cho Hyung SAM Boo
Outside Block
Side Lunge Punch
Roundhouse Kick
Outside Forearm Deflect
2 One Steps:
Vs. Center Punch

7th Gup Requirements

Kee Cho Hyung SA Boo
Inside Block
Backfist
Back Kick
Inside Forearm Deflect
3 One Steps:
Vs. Center Punch

6th Gup Requirements

Kee Cho Hyung OH Boo
Tiger Mouth
OxJaw
Inside Crescent Kick
Closed 2 Hand Inside Block
2 One Steps:
Vs. Center Punch
Vs. Frontal Knife

5th Gup Requirements

Pyung Ahn CHO Dan
Hammerfist
Slap Kick
Outside Crescent Kick
High X-Block
2 One Steps:
Vs. Hammerfist
Vs. Frontal Knife

4th Gup Requirements

Pyung Ahn EE Dan
Palm Heel
Ax Kick
Scoop Kick
Low X-Block
2 One Steps:
Vs. Front Kick
Vs. Center Punch

3rd Gup Requirements

Pyung Ahn SAM Dan
Knifehand
High Knifehand Block
Hook Kick
Knee Kicks
2 One Steps:
Vs. Hammerfist
Vs. Center Punch

2nd Gup Requirements

Pyung Ahn SA Dan
Ridgehand
2 Hand Inside Knife Block
Back Spin Kick
Side Spin Kick
Spin Outside Crescent Kick
2 One Steps:
Vs. Hammerfist
Vs. Center Punch

1st Gup Requirements

Pyung Ahn OH Dan
Spearhand
Jump Back Kick
Jump Side Kick
Jump Front Kick
Jump Roundhouse Kick
2 One Steps:
Vs. Center Punch

Saja Tang Soo Do
Black Belt Curriculum

1st DAN Requirements

Bassai Dai
Lo Hi
Jindo
Elbow Drill
Jump Spin Back Kick
Jump Spin Side Kick
Jump Spin Outside
Crescent Kick
5 One Steps:
Vs. Center Punch (2)
Vs. Front Kick
Vs. Roundhouse Kick
Vs. Side Kick
HoSinSool vs Knife:
Frontal Stab (2 Tech)
Outside to Inside Slash (2 Tech)
Inside to Outside Slash (2 Tech)
Overhead Downward Stab (2 Tech)
Kibon Combinations #1 & #2

2nd DAN Requirements

Naihanji CHO Dan
Naihanji EE Dan
Naihanji SAM Dan
HoSinSool vs Stick Attacks:
Outside to Inside Attack (2 Tech)
Inside to Outside Attack (2 Tech)
Overhead Attack (2 Tech)
Upward Attack (2 Tech)
Kibon Combinations #3 & #4

3rd DAN Requirements

Chil Sung IL Ro
Chil Sung EE Ro
Chil Sung SAM Ro
HoSinSool vs Baseball Bat Attacks:
Downward Swing (1 Tech)
Outside to Inside Swing (1 Tech)
Inside to Outside Swing (1 Tech)
Kibon Combinations #5 & #6

4th DAN Requirements

Sip Soo
Kong San Kun
Wang Shu
Seated Knife Defense:
Vs. Frontal Stab
Vs. Outside to Inside Slash
Vs. Inside to Outside Slash
Vs. Downward Stab
Kibon Combinations #7 & #8

5th DAN Requirements

Sei Shan
JiOn
Oh Ship Sa Bo
HoSinSool vs Gun
Frontal Attack (2 Tech)
Middle of Back Attack (1 Tech)
Side of Head Attack (1 Tech)
Kibon Combinations #9 & #10