

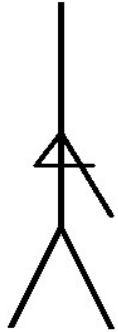


GRADING SYLLABUS

BROWN BELT

Makki (Chungool Seh)

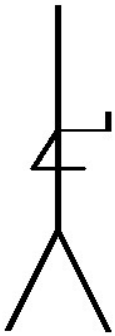
Handan



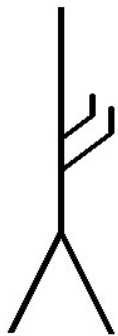
Kyocho



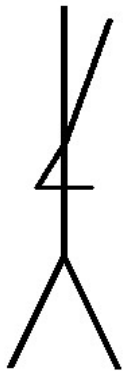
Chung Dan



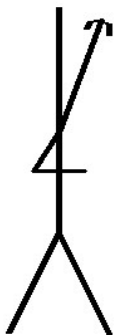
Torro



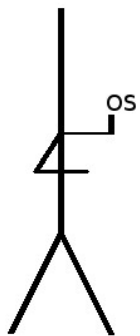
Sang Dan



Sang Dan Sudo



Chuckyo

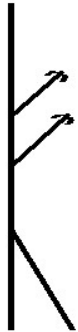


Makki (Fugel Seh)

Handan



Chung Dan Tebbi Sudo



Chung Dan



Handan Tebbi Sudo



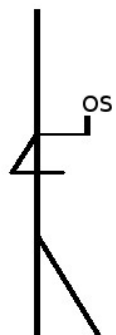
Sang Dan



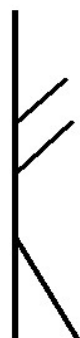
Handan Tebbi



Chuckyo

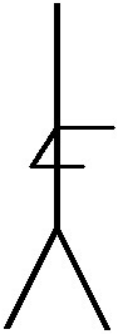


Chung Dan Tebbi

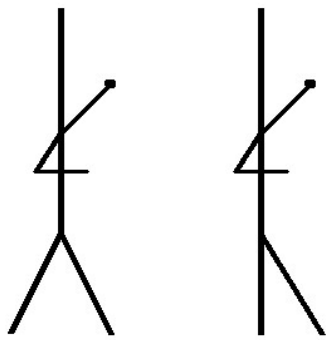


Chirugi

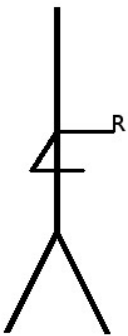
Chung Dan



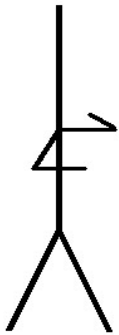
Yikwan (Chungool & Fugel)



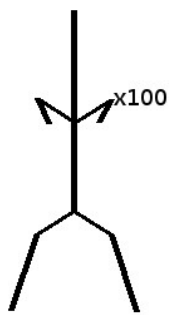
Pandae



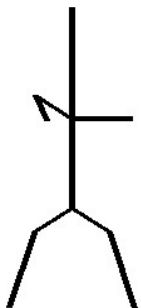
Ukesudo



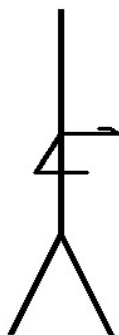
Kima Seh (100)



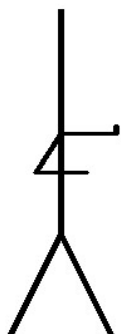
Yop (Kima)



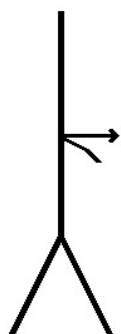
Kwonso



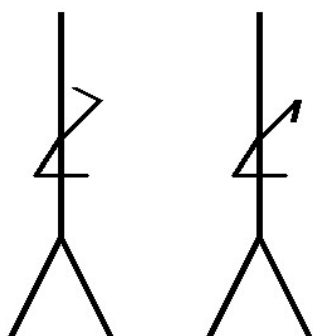
Chang Kwon



Chung Dan Kwonso



Pahlgup (Ohiligi & Tollio)

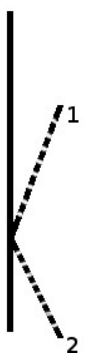


Chagi

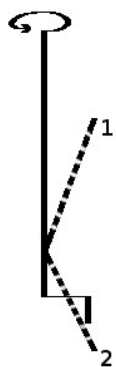
Ahp



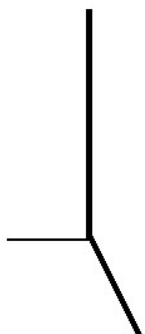
Bandal



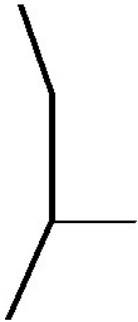
Twimmyo Pandae Bandal



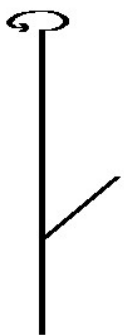
Duro



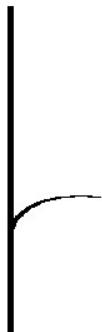
Bahlomagi Yop



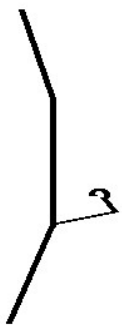
Pandae Ahp



Tollio



Bahlomagi Kolchyo



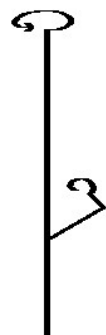
Pandae Tollio



Kolchyo



Pandae Kolchyo



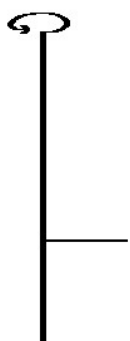
Twimmyo Ahp



Yop



Pandae Yop



Hyung

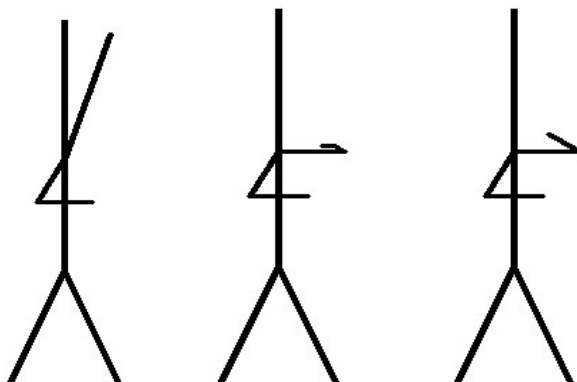
Palgwe Chill Jang Hyung

Palgwe Sa Jang Hyung

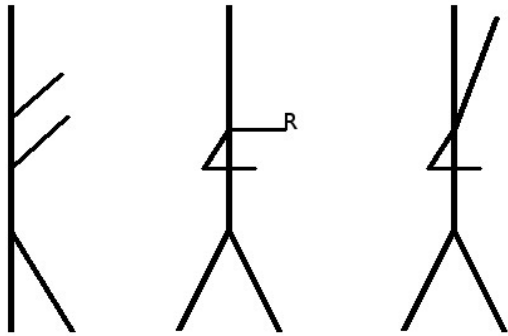
Palgwe Ee Jang Hyung

Tae & Tae Machueo

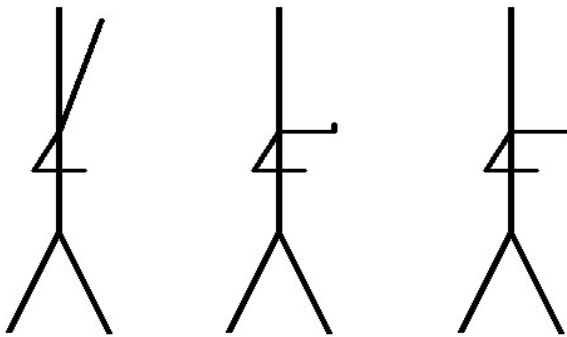
Sangdan Makki, Pandae Kwonso Chirugi, Ukesudo Chirugi



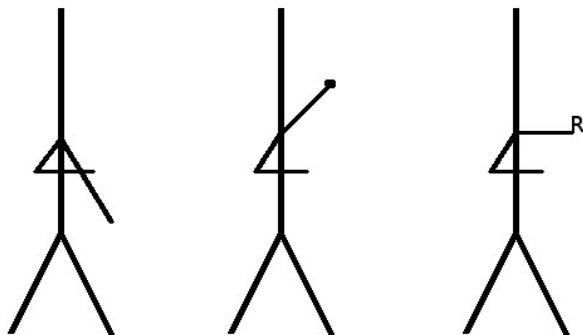
Chungdan Tebbi Makki (Fugel Seh), Pandae Chirugi, Sangdan Makki



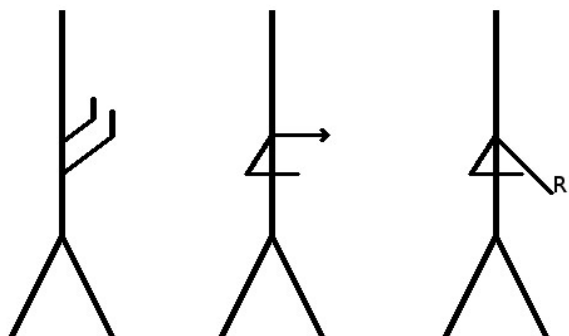
Sangdan Makki, Pandae Changkwon Chirugi, Chung Dan Chirugi



Handan Makki, Yikwan, Pandae Chirugi

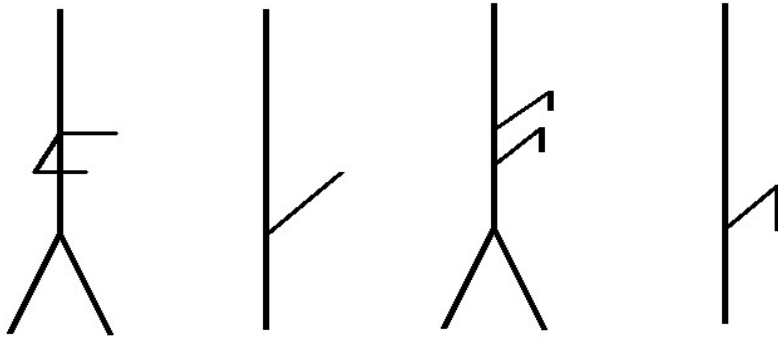


Torro Makki, Sudo Atterigy, Handan Pandae Chirugi

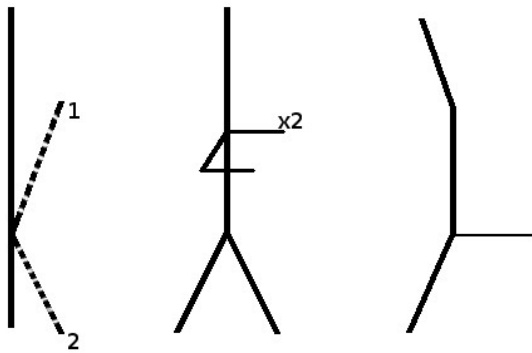


Tae & Kwon Machueo

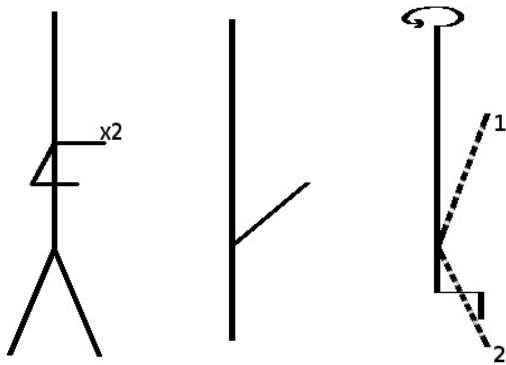
Chungdan Chirugi, Ahp Chagi, Mok Dannggyeo, Mureup Chagi



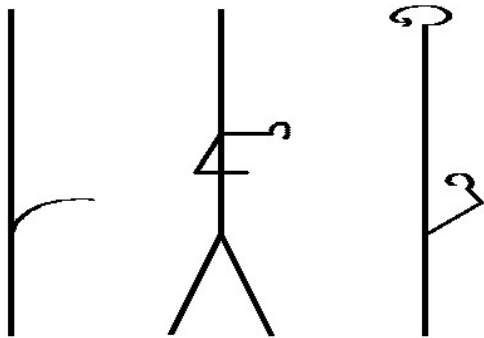
Bandal Chagi, Chungdan Tebbi Chirugi, Bahlomagi Yop Chagi



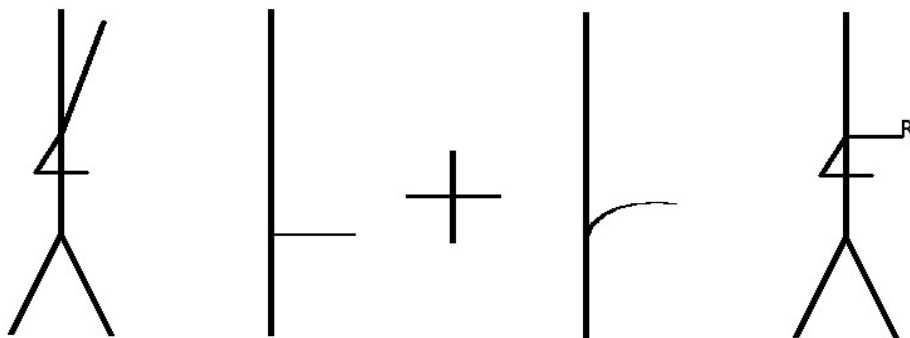
Chungdan Tebbi Chirugi, Ahp Chagi, Twimmyo Pandae Bandal Chagi



Tollio Chagi, Kolchyo Chirugi, Pandae Kolchyo Chagi



Sangdan Makki, Yop Chagi/Tollio Chagi, Pandae Chirugi



Sul

Sangdan Chirugi Sul
Mok Danggyeo Sul
Hoe Danggyeo Sul
Ab Oht Sul
Shin Chil Sul

Jae Tehreon & Kyokpa

Jae Tehreon
Kyokpa -2 x Yop Chagi
-1 x Chirugi

Etiquette

Press ups: 50
Burpees: 20
Sit ups: 15