

CENTENNIAL



Taekwon-Do

Testing II Dan Check Off List

Must be completed before testing permission is given

Patterns:

- 4 Direction Punch _____
- 4 Direction Block _____
- Chon-Ji _____
- Dan-Gun _____
- Do-San _____
- Won-Hyo _____
- Yul-Gok _____
- Joong-Gun _____
- Toi-Gye _____
- Hwa-Rang _____
- Chung-Mu _____
- Kwang Gae _____
- Po Eun _____
- Ge Baek _____

Weapon:

- Form _____
- Step Sparring _____

Community Service:

- Completed _____

Step Sparring:

- Beginning 3 Step _____
- 3 Step _____
- 2 Step _____
- 1 Step _____
- Prearranged _____
- Model _____

Ho Sin Sul:

- 2 Minute Routine w/ 2 Partners

Breaking:

- Break #1 _____
- Break #2 _____
- Break #3 _____

Pattern Application:

- Create a Pattern _____
- Practical Application _____