

CG MARTIAL ARTS ACADEMY

TONG CHE BAHK DO



통제박도

COLOR BELT TESTING REQUIREMENTS

9TH RANK, WHITE BELT WITH STRIPE

TIME PERIOD:

At least 1 month with a minimum of 2 days a week of continuous education

UNIFORM:

Candidate must have uniform by date of test

FORMS:

Ki Cho Il Bu (*Basic Form #1*)

Ki Cho Ee Bu (*Basic Form #2*)

SELF-DEFENSE APPLICATION:

1 self-defense application for each form

**Not required for candidates 12 and under*

SPARRING:

1 opponent

PHYSICAL REQUIREMENTS:

Center punch

High punch

Low block

High block

Front stretch kick

Inside-Outside Kick

Outside-Inside Kick

Roundhouse Kick

KNOWLEDGE:

Rules of the training hall

Instructors name

Name of martial art being studied

8TH RANK, YELLOW BELT

TIME PERIOD:

At least 1 month with a minimum of 2 days a week of continuous education

UNIFORM:

Candidate must have patches sewn on uniform by date of test

FORMS:

Ki Cho Sam Bu (*Basic Form #3*)

Ki Cho Sa Bu (*Basic Form #4*)

SELF-DEFENSE APPLICATION:

1 self-defense application for each form

**Not required for candidates 12 and under*

SPARRING:

1 opponent

BREAK:

1 board break

**Candidates 12 and under use .5" board*

PHYSICAL REQUIREMENTS:

Uppercut

Front snap kick

Side Punch

Side kick

Inside-outside block

Outside-inside block

KNOWLEDGE:

How to tie their uniform

Home address and telephone number

7TH RANK, YELLOW BELT WITH STRIPE

TIME PERIOD:

At least 1 month with a minimum of 2 days a week of continuous education

FORMS:

Pyong Ahn Cho Dan (*Safe from Harm Form #1*)

SELF-DEFENSE APPLICATION:

1 self-defense application

**Not required for candidates 12 and under*

SPARRING:

1 opponent

BREAK:

1 board break

**Candidates 12 and under use .5" board*

PHYSICAL REQUIREMENTS:

Knife hand

Back kick

KNOWLEDGE:

How to tie their belt

6TH RANK, RED BELT

TIME PERIOD:

At least 1 month with a minimum of 2 days a week of continuous education

FORMS:

Pyong Ahn Ee Dan (*Safe from Harm Form #2*)

SELF-DEFENSE APPLICATION:

2 self-defense applications

**Not required for candidates 12 and under*

SPARRING:

2 opponent gauntlet

**2 continuous 1 minute rounds*

BREAK:

1 board break

**Candidates 12 and under use .5" board*

PHYSICAL REQUIREMENTS:

Hammer fist

Hook Kick

Reinforced inside-outside block

KNOWLEDGE:

Meaning of Tong Che Bahk Do

5TH RANK, RED BELT WITH STRIPE

TIME PERIOD:

At least 1 month with a minimum of 2 days a week of continuous education

FORMS:

Pyong Ahn Sam Dan (*Safe from Harm Form #3*)

SELF-DEFENSE APPLICATION:

2 self-defense applications

**Not required for candidates 12 and under*

SPARRING:

2 opponent gauntlet

**2 continuous 1 minute rounds*

BREAK:

1 board break

**Candidates 12 and under use .5" board*

PHYSICAL REQUIREMENTS:

Back fist

Jump front snap kick

Rolling block

KNOWLEDGE:

Belt ranking system

4TH RANK, RED/BROWN BELT

TIME PERIOD:

At least 1 month with a minimum of 2 days a week of continuous education

FORMS:

Pyong Ahn Sa Dan (*Safe from Harm Form #4*)

SELF-DEFENSE APPLICATION:

2 self-defense applications

**Not required for candidates 12 and under*

SPARRING:

2 opponent gauntlet

**2 continuous 1 minute rounds*

BREAK:

1 board break

**Candidates 12 and under use .5" board*

PHYSICAL REQUIREMENTS:

Palm strike

Inside-outside snap kick

X block

Outside-inside snap kick

KNOWLEDGE:

Proper stretching technique

3RD RANK, BROWN BELT

TIME PERIOD:

At least 1 month with a minimum of 2 days a week of continuous education

FORMS:

Pyong Ahn Oh Dan (*Safe from Harm Form #5*)

SELF-DEFENSE APPLICATION:

2 self-defense applications

**Not required for candidates 12 and under*

SPARRING:

3 opponent gauntlet

**3 continuous 1 minute rounds*

BREAK:

1 board break

**Candidates 12 and under use .5" board*

PHYSICAL REQUIREMENTS:

Elbow strike

Jump outside-inside kick

KNOWLEDGE:

Meaning behind the different parts of the Tong Che Bahk Do Emblem

2ND RANK, BROWN BELT WITH STRIPE

TIME PERIOD:

At least 2 months with a minimum of 2 days a week of continuous education

FORMS:

Tong Che Bahk Cho Dan (*Controlled Striking Form #1*)

SELF-DEFENSE APPLICATION:

2 self-defense applications

**Not required for candidates 12 and under*

SPARRING:

3 opponent gauntlet

**3 continuous 1 minute rounds*

BREAK:

1 board break

**Candidates 12 and under use .5" board*

PHYSICAL REQUIREMENTS:

Ridge hand

Knee Strike

Flying knee strike

KNOWLEDGE:

"C" stepping

1ST RANK, BROWN/BLACK BELT

TIME PERIOD:

At least 2 months with a minimum of 2 days a week of continuous education

FORMS:

Bassai Soh (*Lesser Snake*)

SELF-DEFENSE APPLICATION:

2 self-defense applications

**Not required for candidates 12 and under*

SPARRING:

3 opponent gauntlet

**3 continuous 1 minute rounds*

BREAK:

1 board break

**Candidates 12 and under use .5" board*

PHYSICAL REQUIREMENTS:

Supported inside-outside knife hand

Reverse roundhouse kick

KNOWLEDGE:

Offensive/defensive hip