



ITF and OMA Testing Requirements

Cho Dan Bu 1 to Cho Dan (Black Belt) | 2nd Pre-Test to 1st Dan



Basic Actions

1-12 Advanced ITF Basic Actions /All Basic Actions White Belt & Up

Hyung

All Forms From White Belt / Bong Hyung Cho Dan

Ill Soo Sik / One Step Sparring

Hand and Foot Combinations 1 through 9

Ho Sin Sul / Self Defense

All ITF Wrist Grips / All Ho Sin Sul from White Belt

Leg Trap Takedown

Out to In Spin Leg Sweep Takedown

2 Hand Lapel Grab

Kyok Pa (Breaking)

Three Station Break

Terminology / History

All Previous Terms from White Belt /TSD History Test / Essay

In Neh / Endurance

50-75 Push Ups / 50-75 Sit Ups / 50-75 Squats

Other:

Minimum training time four years from white belt

Must have demonstrated loyalty to Choong Jae Nim CS Kim

Sa Bom Nim Bradford, ITF & Owosso Martial Arts

Must be recommended by Sa Bom Nim Bradford

Must have attended all mandatory events, minimum 1 Tournament

Must have proper respect, attitude and Tang Soo Do Spirit

Must be attending class at least three times per week and assisting

in Do Jang as much as possible (MINIMUM 40 EXTRA CLASSES)

Must write an essay on what it means to you to become a black belt

Must sign a Non Compete, and Photo Release

Testing Fee: See Master Bradford