

**Phase 4 - Advance Program (Brown 1 to Red 4 ) Belt test Requirements  
Adult and Children 7 to 12 Years Old**

<b>Brown 3 to Red 1</b>	<b>Red 1 to Red 2</b>	<b>Red 2 to Red 3</b>	<b>Red 3 to Red 4 Cho Dan Bo test</b>
<b>Forms</b> Bassai So One count	<b>Forms</b> Bassai So Own count	<b>Forms</b> Bassai Dae One count	<b>Forms</b> Bassai Dae Own count + All previous Forms
<b>Self-Defense</b> Windmill Guard & Mounted Throat Grab	<b>Self-Defense</b> Rear Shoulder Grab & The Flip	<b>Self-Defense</b> All Previous	<b>Self-Defense</b> All previous self-defense techniques
<b>Red Belt Combinations</b> Foot Combo 2 & 3	<b>Red Belt Combinations</b> Foot Combo 4 & 5	<b>Red Belt Combinations</b> All Previous	<b>Red Belt Combinations</b> All Previous
<b>Breaking</b> Knife Hand Any Style	<b>Breaking</b> Reverse Punch	<b>Breaking</b> 2 Station Break	<b>Breaking</b> 3 Station
<b>One Step Sparring</b> Advanced 9	<b>One Step Sparring</b> Advanced 10	<b>One Step Sparring</b> All Previous	<b>One Step Sparring</b> All Previous
<b>Free Sparring</b> Demonstration of free sparring skills	<b>Free Sparring</b> Demonstration of free sparring skills	<b>Free Sparring</b> Demonstration of free sparring skills	<b>Free Sparring</b> Demonstration of free sparring skills
<b>Endurance</b> 85-Jump and Jacks 25-Push ups 15 - Sprawls 30 Sec - Mountain Climbers 30 Sec - Horse Stance Punches 30 Sec- 1 leg Front Kick	<b>Endurance</b> 90 - Jump and Jacks 25 - Push ups 15 - Sprawl Front Kick 30 Sec - Mountain Climbers 35 Sec - Horse Stance Punch 30 Sec - 1 leg front kick left /right	<b>Endurance</b> 95 - Jump & Jack 25 - Push ups 15 - Sprawl Front Kick 30 Sec - Mountain Climbers 40 Sec - Horse Stance Punch 30 Sec - 1 leg front kick left/right	<b>Endurance</b> As requested by Testing Board
<b>Culture/Terminology</b>  Explanation of <b>Korean</b> Flag Explanation of <b>USA</b> Flag  <b>DAN</b> (black belt)  <b>CHO-DAN</b> (1 <sup>st</sup> degree black belt)  <b>E-DAN</b> (2 <sup>nd</sup> degree black belt)  <b>SAM-DAN</b> (3 <sup>rd</sup> degree black belt)	<b>Culture/Terminology)</b>  <b>MU RUP CHA GI</b> (knee strike)  <b>CHOONG DAN SOO DO MAHK KEE</b> (middle knife hand block)  <b>HA DAN SOO DO MAHK KEE</b> (low knife hand block)  <b>SSANG SOO SANG DAN MAHK KEE</b> (high 2 fist block)  <b>SSANG SOO HA DAN MAHK KEE</b> (low 2 fist block)  <b>KWAN SOO</b> (spear hand)  <b>TORA CHOONG DAN KONG KYUCK</b> (reverse punch)	<b>Culture/Terminology</b>  <b>YUP HU RI GI</b> (side hook kick)  <b>KYOK PA</b> (breaking boards)  <b>KI HAP</b> (yell or spirit breath)  <b>IL SOO SIK DEL RYUN</b> (One Step sparring)  <b>JA YU DEH RYUN</b> (free sparring)  <b>SHI SUN</b> (focus of eyes)  <b>YU JANG</b> (from the heart)  <b>KUN</b> (courage and confidence)	<b>Culture/Terminology</b>  <b>All previous terminology</b>  <b>Black Belt Essay</b> (due 10 days prior to test)  “What becoming a black Belt means to me and how Tang Soo Do has changed my life.”