



## 1ST DAN TESTING CURRICULUM

Keub	Belt	Endurance Test	Focus Training (No Testing)	Gumbub	Baldo- ChakGum / KyukGum	Cutting	Minimum Training Period
<b>Cho Keub - Beginner Level</b>							
9th		Kimase 2min. 30 sec.	Kima HaengGong <i>Empty Handed Cutting</i> (Kimase, Step)	Basic Movements SsangSoo 1	B-Chakgum 1 KyukGum 1	Candle: 1 (20 chances)	4 months
8th		Kimase 3min.	Sabang Begi (Kimase)	SsangSoo 2	B-Chakgum 2 KyukGum 2	Candle: 1 (15 chances)	4 months
7th		Kimase 3min. 30sec.	Taesang + Yooseong Begi (Kimase)	SsangSoo 3	B-Chakgum 3 KyukGum 3	Candle: 1 (10 chances)	4 months
<b>Jung Keub - Intermediate Level</b>							
6th		Keumgyese 2min. (Left or Right)	BahngOh Jibjoong (1, 2, 3)	SsangSoo 4	B-Chakgum 4 KyukGum 4	Candle: 2 (20 chances)	4 months
5th		Keumgyese 2min. 30sec. (Left or Right)	Chireugi Jibjoong (Kimase, Step)	SsangSoo 5	B-Chakgum 5 KyukGum 5	Candle: 2 (15 chances)	4 months
4th		Keumgyese 3min. (Left or Right)	Jase Jibjoong 1 (Kwon / Hand)	SsangSoo 6	B-Chakgum 6 KyukGum 6	Candle: 2 (10 chances)	4 months
<b>Goh Keub - Advanced Level</b>							
3rd		Sodose 2min. (Left or Right)	Jase Jibjoong 1 (Gum / Sword)	SsangSoo 7	B-Chakgum 7 KyukGum 7	Paper: L-Cut (3 chances; 6 points)	4 months
2nd		Sodose 2min. 30 sec. (Left or Right)	Jase Jibjoong 2 (Kwon / Hand)	SsangSoo 8	B-Chakgum 8 KyukGum 8	Paper: R-Cut (3 chances; 6 points)	4 months
1st		Sodose 3min. (Left or Right)	Jase Jibjoong 2 (Gum / Sword)	SsangSoo 1~8	B-Chakgum 1~8 KyukGum 1~8	Paper: L-Cut (3 chances; 7 points)	4 months
<b>1st Dan Testing</b>							
1st Dan		Push-up: 24 times (Jon, Sa, Jung, Do, Chung, Hyo, Ye, Ui)		SsangSoo 1~8	B-Chakgum 1~8 KyukGum 1~8	Paper: L-Cut (4 chances; 8 points)	36 months