



2ND DAN TESTING CURRICULUM

| Keub | Endurance Test (Heels up) | Focus Training (No Testing) | Gumbub | Baldo-Chakgum KyukGum | Cutting |
|------|--|---|------------------------------|--|--|
| 7th | Kimase 2min. 30sec. | Sabang Begi (Step) | SsangSoo 9 | SsangSoo B-ChakGum 9 SsangSoo KyukGum 9 | Throw: Step L,R (5 chances) |
| 6th | Kimase 3min. | Taesan + Yooseong Begi (Step) | SsangSoo 10 | SsangSoo B-ChakGum 10 SsangSoo KyukGum 10 | Throw: Step L,R (4 chances) |
| 5th | Kimase 3min. 30sec. | HweJeon Begi 1~4 (Horizontal / Diagonal up / Diagonal down) | SsangSoo 11 | SsangSoo B-ChakGum 11 SsangSoo KyukGum 11 | Throw: Step L,R (3 chances) |
| 4th | Daedose 2min. (Left or Right) | HweJeon Begi 5~8 (Horizontal / Diagonal up / Diagonal down) | SsangSoo 12 | SsangSoo B-ChakGum 12 SsangSoo KyukGum 12 | Paper: L-Cut (3 chances; 8 points) |
| 3rd | Daedose 2min. 30sec. (Left or Right) | SamseongBo Begi (Straight / Horizontal / Dia- gonal up / Diagonal down) | SimSang 1~2 | | Paper: R-Cut (3 chances; 8 points) |
| 2nd | Keumgyese 2min. (Left or Right) | SamseongBo HweJeon Begi (Straight / Horizontal / Dia- gonal up / Diagonal down) | SimSang 1~4 | | Paper: L/R-Cut (3 chances; 13 points) |
| 1st | Sodose 2min. 30sec. (Left or Right) | | SsangSoo 9~12 SimSang 1~4 | SsangSoo B-ChakGum 9~12 SsangSoo KyukGum 9~12 | Paper: L/R-Cut (3 chances; 14 points) |

| 2nd Dan Testing (Minimum training period of 36 months) | | | | | |
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| 2nd Dan | Push-up: 32 times (Jon, Sa, Jung, Do, Choong, Hyo, Ye, Ui) | | SsangSoo 9~12 SimSang 1~4 | SsangSoo B-Chakgum 9~12 SsangSoo KyukGum 9~12 | Paper: L/R-Cut (4 chances; 15 points) Bamboo - 18+ (4 chances; 1 pole) L/R or R/L Downward cut Throw Cutting - Under 18 (4 chances, Step L/R) |