

REGION 7 - DAN SHIM SA GUIDELINES AND REQUIREMENT EXPECTATIONS

CRITERIA	JUNIOR DAN UNDER 15	CHO DAN	E DAN	SAM DAN
GI CHO	<i>STANDARD CHO DAN</i> HAND/FOOT COMBOS FOCUS KICKS	<i>STANDARD CHO DAN</i> HAND/FOOT COMBOS FOCUS KICKS	<i>STANDARD E DAN</i> DAN GI CHO - PART A HAND/FOOT COMBOS FOCUS KICKS	<i>STANDARD SAM DAN</i> DAN GI CHO - PART B HAND/FOOT COMBOS PERSONAL COMBOS FOCUS KICKS
HYUNG	KI CHO HYUNG SAM BU CHIL SUNG EE LO PASSAI NAI HANJI CHO DAN	KI CHO HYUNG SAM BU CHIL SUNG EE LO PASSAI NAI HANJI CHO DAN	CHIL SUNG IL RO DU MUN (YUK RO #1) JIN DO NAI HANJI EE DAN TANTO HYUNG	CHIL SUNG SAM RO JOONG JUL (YUK RO #2) RO HAI (W/ BREAK) NAI HANJI SAM DAN TANTO HYUNG
IN NEH	PAL PUT KI (CONTINUOUS PUNCHING) 60 SEC / 120 REPS	PAL PUT KI (CONT PUNCHING) 60 SEC / 120 REPS	AHP CHA NUT GI – 30 SEC. PER LEG	ALTERNATING AHP CHA NUT GI OR YUP PODO CHA GI – 30 SEC.
IL SOO SIK	STANDARD (ODD #'S 1-9) PERSONAL – (6)	STANDARD 1-18 PERSONAL – (6) <i>SURPRISE</i>	2 APPLICATIONS FROM 1-8 (THEME, DEMO) PERSONAL – (6) <i>SURPRISE</i>	2 APPLICATIONS FROM 9-18 (THEME, DEMO) PERSONAL – (6) <i>SURPRISE</i>
SAM SOO SIK	STUDENT'S CHOICE (2)	STUDENT'S CHOICE (2)	3 STEP CLASSICS – ANY 3 STUDENT'S CHOICE (2)	YUK RO INSPIRED – ANY 3 STUDENT'S CHOICE (2)
HO SIN SOOL	IL BON & E BON CROSS, SAME-SIDE, 2 ON ONE, & 2 ON 2 GRIPS. <i>PERSONAL / SURPRISE</i>	ALL WRIST GRIPS <i>PERSONAL / SURPRISE</i>	CUFF SLEEVE GRIPS REVERSALS (2) TANTO: STANDARD (5) PERSONAL (5) SURPRISE (5)	ELBOW SLEEVE GRIPS RE-REVERSALS (2) BONG: PERSONAL (5) SURPRISE (5)
JA YU DEH RYUN	1 MATCH SAME LEVEL 1 MATCH W/ ADULT	1 MATCH SAME LEVEL 1 MATCH HIGHER LEVEL GROUND	1 MATCH SAME LEVEL, JUNIOR, SENIOR, & GROUND (ABILITY TO GET UP) DA SOO: 4 SEC. DRILLS; (1) 30 SEC. MATCH	1 MATCH SAME LEVEL, JUNIOR, SENIOR, & GROUND (ABILITY TO GET UP) DA SOO: 4 SEC. DRILLS; (1) 30 SEC. MATCH TRI SOO: 1 MATCH
KYOK PA	E DAN DWI PODO CHAGI <i>YEON SOK CHA GI</i> <i>HAND/ FOOT</i>	E DAN DWI PODO CHAGI (3 BOARDS) <i>YEON SOK CHA GI</i> <i>HAND/ FOOT</i>	SSANG BAHL AHP CHA NUT GI – 2 BOARDS EACH FOOT <i>YEON SOK CHA GI</i> <i>HAND/ FOOT</i>	DOUBLE JUMP KICK W/ HAND STRIKE IN AIR – 2 BOARDS EACH <i>YEON SOK CHA GI</i> <i>HAND/ FOOT</i>
WRITTEN / ORAL/ADMIN.	ALL PAPER WORK RECEIVED ON TIME, COMPLETE & ACCURATE?	ALL PAPER WORK RECEIVED ON TIME, COMPLETE & ACCURATE?	ALL PAPER WORK RECEIVED ON TIME, COMPLETE & ACCURATE?	ALL PAPER WORK RECEIVED ON TIME, COMPLETE & ACCURATE?

ITEMS IN '**BOLD / ITALICISED**' PRINT ARE EXAMINERS DISCRETION & ALL IS SUBJECT TO CHANGE.