

## **Bo Dan Requirements for grading**

### **Kicking techniques:**

**All Kicking techniques to be reviewed**

### **Hand Techniques or Self-defense Techniques**

**All Techniques to be reviewed**

## **Teague (poems) Reviewed**

**Sam Jang**

**Sa Jang**

**O Jang**

**Yuk Jang**

**Chil Jang**

**Pal Jang**

## **Board Breaking Techniques**

**4 Directional Breaking & 1 Power break**

## **breaking Techniques**

**4 Directional Breaking & 2 Terracotta Tile Break Palm Strike**