

Promotion to 1st kup

- All elements up to 2nd kup
- Acquaintance of Choong – Moo
- Annun so bakat palmok kaunde ap makgi
Sitting stance Outer forearm middle front block
- Annun so dung joomuk nopunde yop taerigi
Sitting stance back fist high side strike
- Niunja so bakat palmok najunde makgi
L-stance outer forearm low block
- Niunja so kyocha sonkal kaunde yop makgi
L-stance x-knifehand middle side block
- Gunnun so sonkal dung nopunde ap taerigi
Walking stance reverse knifehand high front strike
- Gunnun so sonkal nopunde ap taerigi
Walking stance knifehand high front strike
- Gunnun so sang sonbadak ollyo makgi
Walking stance twin palm upward block
- Goro + Dollyo Chagi - same leg / Yonsok Chagi
Hook + Turning kick - Consecutive kick
- Tora yop chagi - Double kick
Side kick (with turn)
- Bandae goro chagi + dollyo chagi - Same leg / Yonsok chagi
Reverse hook kick + turning kick - Consecutive kick
- Free Sparring
Jayoo Matsogi
- Self – Defence - 10 Elements
Hosin Sul
- Twimyo nopi apcha busigi - 1 board height of raised arm
Flying overhead front snap kick
- Twimyo nomo yop chagi - 1 Board, male over 6 persons
Flying long side kick

- Twimyo goro chagi - 1 board head level
Flying hook kick
- Twimyo yop chagi - 1 board head level
Flying side kick
- Bandae dollyo chagi - 2 boards head level
Reverse turning kick
- Twimyo ap chagi - 2 boards
Flying front kick
- Niunja so sonkal yop taerigi - 2 boards
L-stance knifehand side strike
- Twio dolmyo yop chagi (180) – 1 board head level
180 Mid Air side kick

(The examiner chooses 6 destruction including 1 hand technique)

- Flexibility Test - Show Stretching
- Power Test - Push ups – number set by examiner
- Theory - Knowledge of Taekwon Do