	Cho Dan			E Dan					Sam Dan						
	1st Recert	2nd Recert	3rd Recert	1st Recert	2nd Recert	3rd Recert	4th Recert	5th Recert	1st Recert	2nd Recert	3rd Recert	4th Recert	5th Recert	6th Recert	7th Recert
Basic One Steps (Right & Left) #1-#10	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Intermediate One Steps #1-#18	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
All Wrist Grips	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Cho Dan Basics and Jump Kicks	✓	✓	✓												
Pyong Ahn Cho Dan	✓	✓	✓												
Jin Do Hyung	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Chil Sang Sa Ro		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Naihanji E Dan		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Tanto Hyung Cho Dan		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Du Mun (Yuk Ro Cho Dan)		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
								✓	✓	✓	✓	✓	✓	✓	✓
Endurance	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
	60 second punching			One leg hopping kick (30 seconds/switch/30 seconds)					Both legs alternating / hopping kicks / 60 seconds						
Knife Defense		✓	✓	✓	✓	✓	✓	#1-#8	#1-#8	#1-#8	#1-#8	#1-#8	#1-#8	#1-#8	#1-#8
Lower Sleeve Grips	#1-#4	#1-#10	#1-#10	#1-#10	#1-#10	#1-#10	#1-#10	#1-#10	#1-#10	#1-#10	#1-#10	#1-#10	#1-#10	#1-#10	#1-#10
Two on one sparring		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Jumping double jump front kick (break)			✓												
E Dan Basics and Jump Kicks				#10-#16	#10-#16	#10-#16	#10-#16	#10-#16	#10-#16	#10-#16	#10-#16	#10-#16	#10-#16	#10-#16	#10-#16
Pyong Ahn E Dan				✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Lo Hi				✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Lo Hi (with break)									✓	✓	✓	✓	✓	✓	✓
Chil Sang O Ro					✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Naihanji Sam Dan					✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Joong Jul (Yuk Ro E Dan)					✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Bong Hyung E Dan					✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Upper Sleever Grips					#1-#4	#1-#8	#1-#8	#1-#8	#1-#8	#1-#8	#1-#8	#1-#8	#1-#8	#1-#8	#1-#8
Jo defense						#1-#5	#1-#5	#1-#5	#1-#5	#1-#5	#1-#5	#1-#5	#1-#5	#1-#5	#1-#5
Sam Dan Basics and Jump Kicks									ALL	ALL	ALL	ALL	ALL	ALL	ALL

	Cho Dan			E Dan					Sam Dan						
	1st Recert	2nd Recert	3rd Recert	1st Recert	2nd Recert	3rd Recert	4th Recert	5th Recert	1st Recert	2nd Recert	3rd Recert	4th Recert	5th Recert	6th Recert	7th Recert
Pyong Ahn Sam Dan									✓	✓	✓	✓	✓	✓	✓
Kong Sang Kun										✓	✓	✓	✓	✓	✓
Sip Soo										✓	✓	✓	✓	✓	✓
Hwa Sun											✓	✓	✓	✓	✓
Po Wol (Yuk Ro Sam Dan)												✓	✓	✓	✓
Yang Pyun (Yuk Ro Sa Dan												✓	✓	✓	✓
Ssang Sung Gum Bup Yuk Bon Chil Bon													✓	✓	✓