**Sa Dan Training**

**Gi Cho:**

 All Lower Level Material

**Foot:**

 All Lower Level Material

**Hyung:**

 1. Ship Soo

 2. Kang Sang Kun

 3. Chil Sung Sa Ro Hyung

 4. Po Wol

**Sam Soo Sik:**

 All Lower Level Material

**Ho Shin Sul: (all upper sleeve)**

All Lower Level Material

**Free Sparring:**

 Laying Down Sparring