**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