**Sam Dan Training**

**Gi Cho:**

1. Ha Dan Mahk Kee

2. Sang Dan Mahk Kee

3. Ahneso Pahkuro Mahk Kee

4. Pahkeso Ahnero Mahk Kee, Tuel Oh Ahneso Pahkuro Mahk Kee

5. Hu Gul Yup Mahk Kee

6. Hu Gul Choong Dan Soo Do Mahk Kee

7. Ha Dan Mahk Kee, Tuel Oh Sang Dan Kong Kyuk

8. Sang Dan Mahk Kee, Tuel Oh Choong Dan Kong Kyuk

9. Chung Gul Ssang Soo Ahneso Pahkuro Mahk Kee,

Tuel Oh Kwan Soo Kong Kyuk

10. Ahp Cha Nut Gi, Ha Dan Mahk Kee, Tuel Oh Sang Dan Kong Kyuk

11. Dollyo Cha Gi, Sang Dan Mahk Kee, Tuel Oh Choong Dan Kong Kyuk

12. Yup Podo Cha Gi, Ahneso Pahkero Mahk Kee,

Tuel Oh Sang Dan Jip Kye Son Kong Kyuk

13. Wheng Jin Kong Kyuk, Hu Jin Hu Gul Yup Mahk Kee, E Dan Dwi Cha Gi

14. Ahneso Pahkuro Cha Gi, Hu Gul Ha Dan Soo Do Mahk Kee,

Tuel Oh Sang Dan Yuk Soo Do Kong Kyuk

15. Pahkeso Ahnuro Cha Gi, Gotten Bal Yup Podo Cha Gi,

Tuel Oh Sang Dan Kong Kyuk

16. Ahp Cha Nut Gi, Jang Cap Kwon Kong Kyuk

17. Do Mahl Sik E Bon

18. Ta Ko Sik E Bon

19. Po Wol Seh E Bon

20. Yo Sik E Bon

**Foot:**

1. Ahp Cha Nut Gi

2. Dollyo Cha Gi

3. Yup Podo Cha Gi

4. Dwi Podo Cha Gi

5. Dwi Ahneso Pahkero Cha Gi

6. Dwi Hu Ri Gi

7. E Dan Dwi Ahneso Pahkero Cha Gi

8. E Dan Dwi Cha Gi

9. E Dan Dollyo Cha Gi

10. E Dan Ahp Cha Gi

**In Neh:**

Alternating leg Ahp Cha Nut Gi - 30 Seconds - target

**Hyung:**

1. Nai Han Ji Sam Dan

2. Ro Hai (with Kyok Pa)

3. Chil Sung Sam Ro Hyung

4. Joong Jul

**Sam Soo Sik:**

1. Yuk Bon

2. Chil Bon

3. Pal Bon

4. Gu Bon

5. Ship Bon

Will be asked to perform 2 Yuk Ro Inspired and 2 creative

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

1. Cross Sleeve Il Bon

2. Cross Sleeve E Bon

3. Cross Sleeve Sam Bon

4. Cross Sleeve Sa Bon

5. Same Side Sleeve Il Bon

6. Same Side Sleeve E Bon

7. Same Side Sleeve Sam Bon

8. Same Side Sleeve Sa Bon

9. 2 on 2 Il Bon

10. 2 on 2 E Bon

**Bong:**

1. Straight In Thrust

2. Overhead

3. Natural (Out to In)

4. Unnatural (In to Out)

Will be asked to perform all 4 and then 3 hidden.

**Free Sparring:**

2 on 1 - One - 10 second round followed by two 3 second rounds