



VAUGHN'S DOJANG ♦ VALLEY FORGE MARTIAL ARTS

Cho Dan Bo Expectations



Requirements and expectations for World Tang Soo Do Cho Dan Bo students (Black Belt apprentice rank) are clearly set forth in the Student's Manual that all Gup students receive when they register with the Association. It is, however, the ultimate decision of the student's immediate instructor and the testing master (Master Vaughn) as to who is recommended to test in any Dan cycle. Vaughn's Dojang enjoys a superb record for preparing its students for the Dan test.

Requirements and expectations fall into three broad categories: Technique, Knowledge, and Spirit and Attitude. To facilitate the students exceeding these requirements, a comprehensive set of expectations within Vaughn's Dojang has been emplaced which are summarized below. It must be stressed, however, that at this level the individual student must take primary ownership for their own training and show initiative in meeting the requirements for Dan testing.

General

- A minimum of 6 months **intense** training since Cho Dan Bo rank is required. In practice, a minimum of 12 months is usually needed before a student has refined his/her technique sufficiently. The Cho Dan Bo student needs to average close to **three classes a week** to hone their skills adequately. A minimum of 70 classes since the CDB test is required, at least 50 of which must have been in the 6-month period prior to testing.
- A special **Cho Dan Bo class** is offered at the Audubon studio on Saturday mornings, which is available to all students in Vaughn's Dojang (there is a modest fee for non-Audubon students). This class focuses on preparing the Cho Dan Bo for Dan testing. Cho Dan Bo students are expected to **attend at least 2 Cho Dan Bo classes per month**, and the instructors of this class make the primary recommendations for promotion to Master Vaughn.
- Cho Dan Bo students from one of the YMCA programs must join Valley Forge Martial Arts in Audubon within 6 months of attaining CDB rank, and those students are entitled to attend the Black Belt classes held there. Once the student has joined the Audubon studio, they no longer need to pay the YMCA fees, but may continue to train with their YMCA group.
- All Cho Dan Bo students must own Volumes I, II, and III of Grandmaster Shin's books (make great Holiday or Birthday presents), as well as *The Legacy* (Tang Soo Do Journal, Volume Four).

Technique (must be demonstrated with a high skill level)

- All Soo Ki (hand), Jok Ki (foot/kick), Bong techniques, and combinations (Volume II)
- All Sae Kye forms, Pyung Ahn forms, Bassai, Naihanchi Cho Dan, Sip Soo, and 1st and 2nd bong forms (Volumes II & IV)
- Soo Ki and Jok Ki II Soo Sik (hand and foot one-step) techniques 1-20 (Volume III)
- Ho Sin Sul techniques 1-30, including knife and ground defense (Volume III)
- All Nak Bop (breakfall) techniques (Volume III)
- Sparring: 1-on-1 and multiple-opponent (Volume III)
- Kyuck Pa: multiple-board power breaks, hand and foot; spinning, jumping kicks; speed breaks, hand and foot

Knowledge

- A passing grade (>70%) on the written test (Volume I).
- A minimum 1000 word essay on any aspect of Tang Soo Do and your experience with it. The essay must be completed in advance of your Black Belt Pre-Test (held during Maintenance Testing) with sufficient time for your instructor, a member of the Testing Committee, and Master Vaughn to review it and return it to you for corrections. **The final corrected version of the essay is due at the time of the Pre-Test.** Failure to submit your final essay at this time will result in you having to wait until the next test cycle before having the opportunity to be invited to participate in Black Belt testing.

Spirit and Attitude

- A student must assist a Black Belt Instructor in teaching at least 1 day per week to qualify for Dan testing. Hours are recorded in a teaching log each student keeps (such as in an Excel spreadsheet) and then submits with his/her Black Belt testing material. Each student should be capable of conducting a full class in Tang Soo Do using appropriate Korean terminology.
- Students are expected to participate in all World Tang Soo Do Association activities (Dan tests, Regional tournaments, World tournaments, etc.) and Vaughn's Dojang activities (Demo team, Spring cleaning, tournaments, Gup clinics, community service projects, etc.) to the maximum extent possible. It is understood that work, school, and family demands on time can interfere—but good faith demonstration of intent is expected.
- **Attend at least one Black Belt Clinic (also called Black Belt Camp). This is a mandatory requirement of the World Tang Soo Do Association for Dan recommendation.**
- Each student must make a documentable contribution to Vaughn's Dojang. This can be service or teaching, e.g., an active and identified role as an assistant instructor, a job such as newsletter editor, or creation of a unique contribution such as a computer-based program. Each student should approach their instructor, and let the Cho Dan Bo instructors know, what they would like to do for their contribution to the Dojang.