

	Hand	Feet	Form	Self Defence	Weapon	Breaking	Sparring
10th Gup	Low block High block Centre Punch High Punch	Front Side	Ki Cho Hyung Il Bu	Single wrist Face punch Front kick	Ki Cho Bong Hyung	N/A	1 on 1
9th Gup	I/O block O/I block Centre chop High chop	Round Hook	Ki Cho Hyung E Bu	Opposite single wrist Hook punch Centre round kick			
8th Gup	Side punch Back fist Low chop Low parry	Back Crescent	Ki Cho Hyung Sam Bu	Double wrist Double wrist (both arms) Back fist Low round kick	Bong Hyung Il Bu	Front kick	
7th Gup	Hammer fist Low punch Centre parry Spear hand	Diagonal Knee	Pyung Ahn Cho Dan	Side wrist Rear wrist Hammer fist Side kick		Side kick	
6th Gup	Palm Heel Ridge hand Knife hand High Parry	Jump front Jump round	Pyung Ahn E Dan	Single shoulder Double Shoulder Knife to face/neck Knife to centre	Bong Hyung E Bu	Vertical palm	
5th Gup	Uppercut Fore knuckle Low X High X	Jump side Jump back	Pyung Ahn Sam Dan	Rear single shoulder Rear double shoulder High knife stab Centre knife stab	Bong Hyung Sam Bu	Horizontal palm	
4th Gup	1 finger 2 fingers Elbow Double chop	Spin round Spin hook	Pyung Ahn Sah Dan	Single lapel Double lapel I/O knife O/I knife	Shi Bong	Round kick	
3rd Gup	Plier hand Ground chop	Jump spin round Jump spin hook	Pyung Ahn Oh Dan	Single push Double push Upward knife Downward knife	Sil Chi Jok Bong Hyung	Hook kick	
2nd Gup	Leg block Upper wrist	Sweeping Foot trapping	Bassai	Head lock Hair grab Stick poke Downward stick I/O stick O/I stick	E Chul Bong Hyung Il Bu	Vertical elbow	
1st Gup	Soft fist One finger fist	Flying side	Sip Soo	Front choke Front choke (2 hands) Rear choke Rear choke (2 hands) Rear choke (arm)	E Chul Bong Hyung E Bu	Horizontal elbow	
CDB	Revision of all techniques What TSD means to me? (1000 words)		Niahanchi Cho Dan Niahanchi E Dan Niahanchi Sam Dan	Seated punches Seated kicks Seated knife Seated stick	Dan Gum Hyung Il Bu Dan Gum Hyung E Bu	Centre punch Jumping side	3 on 1
1st Dan	Level 1 Instructor What being a black belt means to me? (2000 words)		Jindo Chil Sung Il Ro	Ground punches Ground kicks Ground pinned	Chunryu Ryu Ryupee Ryu	Two board break	Multiple
2nd Dan	Level 2 Instructor Teaching TSD (3000 words)		Ro Hai Chil Sung E Ro	Gun to face Gun to centre Basic PP Striking	Toyu Ryu Woonkwang Ryu	Three board break	Disorientated
3rd Dan	Level 3 Instructor History and philosophy of TSD (4000 words)		Kong Sang Koon Chil Sung Sam Ro Ye Bo	Meridians	Ssang Su Jaedog Gum	10 tile	Blind
4th Dan	Master Instructor Meridians for health and Martial Arts (5000 words)		Wang Shu Sei Shan	Meridians	Ssang Gum Bongkeuk Gum	1 block	PP