

# 2024 REGION 9 CALL SHEET

## IL SOO SIK | SAM SOO SIK | JUA DAE RYUN

### **Cho Dan Candidates:**

- Adults (**15+**): Il Soo Sik #1-18
- Children (**14 and younger**): Il Soo Sik #1-9 (Odd Numbers)

### **E Dan Candidates:**

- Adults (15+): Sam Soo Sik Classic
  - *Demonstrate any 3*
- Children (14 and younger): Il Soo Sik #1-17
  - *Odd numbers,*

### **Sam Dan Candidates:**

- Jua Dae Ryun: Seated 1-Step Sparring
  - *Each candidate demonstrates two of the example scenarios (#1-5) with focus to finish in a standing position.*
- Sam Soo Sik Yuk Ro (*demonstrate any 3 of the Yuk Ro inspired Sam Soo Sik*)

## HO SIN SUL | KNIFE DEFENSE | STAFF DEFENSE

### **Cho Dan Candidates:**

- Adults: All wrist grip Ho Sin Sul (Cross, Same Side, 2 on 1, 2 on 2, Back, Side)
- Children: #1 and #2 Wrist Grip Ho Sin Sul (*Cross Hand, Same Side, 2 on 1 and 2 on 2*)

### **E Dan Candidates:**

- Adults:
  - Ho Sin Sul Lower Sleeve Grips
  - Knife Defense
    - Each candidate demonstrates defense against each of the five attacks.
- Children:
  - All Wrist Grip Ho Sin Sul (Cross, Same Side, 2 on 1, 2 on 2, Side, Back)
  - Knife Defense
    - Each candidate demonstrates defense against each of the five attacks

### **Sam Dan Candidates:**

- Mid-Sleeve Grip Ho Sin Sul
- Staff Defense
  - Each candidate demonstrates one from each of the four attacks