

2024 DAN SHIM SA CALL SHEET

WARM UP, ALL CANDIDATES

- Pahl Put Ki – 10 Single Choong Dan Kong Kyuk

GI CHO, CHO DAN CANDIDATES

(Call each technique twice; candidates will demonstrate each technique two times; turning with Ha Dan Mahk Kee.)

- Ha Dan Mahk Kee
- Choong Dan Kong Kyuk
- Sang Dan Mahk Kee
- Wheng Jin Kong Kyuk
- Hu Gul Yup Mahk Kee
- Ahneso Pahkuro Mahk Kee
- Pahkeso Ahnuro Mahk Kee
- Chun Gul Ssang Soo Ahneso Pahkuro Mahk Kee
- Jang Kap Kwon Kong Kyuk
- Hu Gul Choong Dan Soo Do Mahk Kee, Tuel Oh Kwan Soo Kong Kyuk
- Wheng Jin Kong Kyuk, Hu Jin Hu Gul Yup Mahk Kee
- Ahp Cha Nut Gi, Ha Dan Mahk Kee, Tuel Oh Sang Dan Kong Kyuk
- Ha Dan Mahk Kee, Ahneso Pahkuro Mahk Kee, Tuel Oh Choong Dan Kong Kyuk
- Yuk Jin Kong Kyuk
- Sang Dan Mahk Kee, Tuel Oh Ha Dan Mahk Kee, Wheng Jin Kong Kyuk

GI CHO, E DAN CANDIDATES

(Call each technique twice; candidates will demonstrate each technique two times; turning with Ha Dan Mahk Kee.)

- Kwon Do Kong Kyuk, Tuel Oh Kwon Do Kong Kyuk
- Sam Kwon Kong Kyuk
- Yuk Jin Kong Kyuk, Wheng Jin Kong Kyuk
- Pahkeso Ahnuro Cha Gi, Gatten Bahl Yup Podo Cha Gi, Tuel Oh Sang Dan Kong Kyuk
- Dollyo Cha Gi, Kap Kwon Kong Kyuk, Tuel Oh Choong Dan Kong Kyuk
- Hwak Kuk Jang Kap Kwon
- Hwak Kuk Jang Kwon Do
- Do Mahl Shik Il Bon
- Ta Ko Shik Il Bon
- Po Wohl Seh Il Bon
- Yo Shik Il Bon

GI CHO, SAM DAN CANDIDATES

(Call each technique twice; candidates will demonstrate each technique two times; turning with Ha Dan Mahk Kee.)

- Pahkeso Ahnuro Cha Gi, Choi Ha Dan Soo Do Mahk Kee, Tuel Oh Choong Dan Kong Kyuk
- Yup Podo Cha Gi, Sang Dan Mahk Kee, Tuel Oh Choong Dan Kong Kyuk
- Ha Dan Mahk Kee, Tuel Oh Sang Dan Soo Do Kong Kyuk, Moo Roop Cha Gi, Tuel Oh Choong Dan Kong Kyuk
- Do Mahl Shik E Bon
- Ta Ko Shik E Bon
- Po Wohl Seh E Bon
- Yo Shik E Bon

JOK GI, CHO DAN CANDIDATES

If partner is NOT a candidate, they will NOT perform the kicking drills.

- **Closed Stance**
 - Ahp Podo Ol Ri Gi
 - Ahp Cha Nut Gi
 - Pahkeso Ahnuro Cha Gi
 - Ahneso Pahkuro Cha Gi with a step
 - Dollyo Cha Gi with a step
 - Yup Podo Cha Gi
 - Dwi Podo Cha Gi
- **Open Stance**
 - Peet Cha Gi
 - Dwi Ahneso Pahkuro Cha Gi
 - Dwi Hu Ri Gi

JOK GI E DAN AND SAM DAN CANDIDATES

- **Closed Stance**
 - E Dan Ahp Cha Nut Gi
 - E Dan Ahneso Pahkuro Cha Gi
 - E Dan Pahkeso Ahnuro Cha Gi
 - E Dan Dollyo Cha Gi
 - E Dan Yup Podo Cha Gi
 - E Dan Yup Hu Ri Gi
 - E Dan Dwi Podo Cha Gi
- **Open Stance**
 - E Dan Dwi Ahneso Pahkuro Cha Gi
 - E Dan Dwi Hu Ri Gi
 - E Dan Dwi Pahkeso Ahnuro Cha Gi

NOTE: E Dan & Sam Dan Candidates perform jump kicks per the list above unless medical note/condition prevents the candidate from jumping.