## 4<sup>th</sup> Dan Curriculum for Grading



urrent Level	Testing Categories			
Keub	<b>Gumbub</b> Bonguk 1 + 2	Cutting		
5 <sup>th</sup> Keub		Paper: L+R+L Cut (4 chances, 51 pts)	Bamboo: 1 Pole (3 chances) L+R Downward & Left Upward cut	
4 <sup>th</sup> Keub	Bonguk 3 + 4	Paper: L+R+L Cut (3 chances, 51 pts)	Bamboo: 1 Pole (2 chances) L+R Downward & Left Upward cut	
3 <sup>rd</sup> Keub	Bonguk 5 + 6	Paper: L+R+L Cut (4 chances, 52 pts)	Bamboo: 1 Pole (3 chances) R+L Downward & Right Upward cut	
2 <sup>nd</sup> Keub	Bonguk 7	Paper: L+R+L Cut (3 chances, 52 pts)	Bamboo: 1 Pole (2 chances) R+L Downward & Right Upward cut	
1 <sup>st</sup> Keub	Bonguk 1 - 7	Paper: L+R+L Cut (4 chances, 53 pts)	Bamboo: 2 Poles (4 chances) 1. R+L Downward cut, turn 540 degrees clockwise 2. L+R Downward cut & Left upward cut	

\*\*\* Preliminary Testing \*\*\*

## 4<sup>th</sup> Dan Testing

Sword: Jingum | Examiner: European Haidong Gumdo® Association Official

	<ul> <li>Determination Test</li> </ul>	Determination Test: Kimase Danjeon Haenggong 30 minutes				
	<ul> <li>Technical Test:</li> </ul>					
4 <sup>th</sup> Dan	Bonguk 1 - 7	Paper: L+R+L Cut (3 chances, 53 pts)	Bamboo: 2 Poles (3 chances) 1. R+L Downward cut, turn 540 degrees clockwise 2. L+R Downward cut & Left upward cut			
	Theory Test: Written Essay of 20 pages					
	Basic Fitness Test:	Basic Fitness Test: 48x Push-Ups				
	<ul> <li>Minimum training p</li> </ul>	Minimum training period and age: 60 months & 24 years				

• In the event of failing only one of the testing categories, a re-test shall be done for the failed part only after minimal 1 month

• In the event of failing more than one of the testing categories, a complete re-test shall be done after minimal 3 months