

2nd Dan

- FWD** Double Side kick, Reverse Side kick, Land L Stance FGB (change legs)
- BWD** 1st 4 Moves Of Ko Dang
- FWD** Front Leg, Hook/Side kick Combination, Rear Leg, Axe Kick, Land FGB
- BWD** Walking Stance, Double Inward Knifehand Strike (Ko Dang)
- FWD** Mid Section Defensive Crescent Kick, Land L Stance Crosscut, Pull Back FGB (Ko Dang)
- BWD** Walking Stance, Knifehand Wedging Block/Circular Block (Reverse Knifehand), Pull Back To Rear Foot Stance, Double Downward Palm Block (Eui Am)
- FWD** Rear Leg, Front/Turning Kick Combination, Axe Kick (Same Leg)
- BWD** Walking Stance, Low Knife Block, High Reverse Palm Heal Strike (Choong Jang)
- FWD** Twisting Kick, Land Walking Stance, X Fist Pressing/Rising Knifehand Block (Eui Am)
- BWD** L Stance, Downward Outer Forearm Block (Ko Dang)
- FWD** Front Kick, Land Walking Stance, Reverse Arc Hand Strike (Choong Jang)
- BWD** Walking Stance, Obverse Inward Outer Forearm Block, (same hand) Back Fist Side Strike (Choong Jang)
- STATIC** Jumping Front Kick, Jumping Side kick, Jumping Reverse Side Kick

Patterns

Coloured Belt Pattern	Examiners Choice	All together
1st Dan Pattern	Examiners Choice	All together
1st Dan Pattern	Examiners Choice	All together
Ko Dang, Eui Am, Choong Jang		In groups

Set Sparring

1 step sparring