

# Chosho Updates

| Chosho title  | Chosho description   | Notes and comments on degree of difficulty (0 to 10) |
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|   | <b>Junior Black Belts MUST complete choshos number 1, 2 and 3, before they choose their own. After completing 1,2,and3 the JBB students may choose ANY chosho from the list.</b>   |  |
| <b>No1 Combinations</b>                             | <p><b>Hand;</b> Downward block, reverse punch, upper block, reverse punch, step back fist, inside block, ridge hand (back), front leg sweep, reverse punch to floor.</p> <p><b>Foot;</b> Round kick, turn back kick, front kick, step sweep/stomp, step side kick.</p> <p><b>Hand/foot;</b> Snap punch, inside block, back fist, step round kick, reverse punch, heel kick (back leg), turn heel kick, step round kick, reverse punch, ridge hand.</p> | Preparation for senior black belt (5)                |
| <b>No. 2 semi free sparring</b>                     | Block and counter attack against any given techniques in the style of sparring.  | Prep for senior Black Belt (4)                       |
| <b>No. 3. advanced basics (moving forward only)</b> | Downward block, reverse punch<br>Side block, reverse punch<br>Upper block, reverse punch<br>Inside block, reverse punch<br>Knife hand block, reverse punch.<br>Chop and three punches.   | Prep for senior Black Belt (5)                       |

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| <p><b>Plus 2 other chosho tests from the following list.</b></p> |   |   |
| <p><b>Double kicks</b></p>                                       | <p>Front kick, round kick.<br/> Side kick, heel kick.<br/> Double round Kick.<br/> Heel kick, round kick.<br/> Turn heel kick, round kick.<br/> Turn back kick, heel kick.</p>  | <p>Putting kicks into combinations (4)</p>                  |
| <p><b>Slow kicks with leg weights</b></p>                        | <p>Demonstrate all standing kicks (slowly) wearing 2.5kg or 5kg leg weights (weight depends upon student size;</p> <p>under 70kg body weight = 2.5kg leg weights.</p> <p>Over 70kg body weight = 5kg leg weights.</p> <p>Kicks required are: Front kick, round kick, back kick, side kick, heel kick, downward kick, crescent kick, turn heel kick, turn back kick.</p> | <p>Building strength in your kicking muscles (6)</p>        |
| <p><b>Sweeps</b></p>   | <p>Drop sweep<br/> Drop turn sweep<br/> Scissor sweep<br/> Turn scissor sweep<br/> Hand scissor sweep<br/> Reverse punch sweep<br/> Front leg sweep<br/> Back leg sweep<br/> Hook n hold sweep</p>  | <p>Developing variation in your sparring techniques (8)</p> |

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| <b>Drop Kicks</b>             | Drop side kick<br>Drop round kick<br>Drop front kick<br>Drop turn back kick<br>Drop turn heel kick<br>Drop scissor take down or strike.<br>Drop heel kick   | Developing variety in sparring and street awareness technique (7) |
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| <b>Explosive Pad Work (1)</b> | Using any straight punch student must strike a pad held top and bottom, cause it to travel at least 3 x their own height and be successful 4 times from 6 attempts.   | To develop power and explosiveness in hand techniques (6)         |
| <b>Explosive Pad Work (2)</b> | Using any circular hand technique student must strike a pad held top and bottom, cause it to travel at least 3 x their own height and be successful 4 times from 6 attempts.                                  | As above  |
| <b>Explosive Pad Work (3)</b> | Using any straight kick (including step kicks) student must strike a focus pad or kick shield held top and bottom, cause it to travel at least 3 x their own height and be successful 4 times from 6 attempts | To develop power and explosiveness in kicks (7)                   |
| <b>Explosive Pad Work (4)</b> | Using any circular kick (including step kicks) student must strike a focus pad or kick shield held top and bottom, cause it to travel at least 3 x their own height and be successful 4 times from 6 attempts | To develop power and explosiveness in kicks (7)                   |

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| <p><b>Pad Work, punches/strikes</b><br/>(Student MUST demonstrate excellence in; power, accuracy and speed.)</p> | <p>Snap punch<br/>Reverse punch<br/>Back fist<br/>Lunge punch<br/>Ridge hand (front and back hand)<br/>Palm heel strike<br/>Bottom fist</p>   | <p>To demonstrate excellence in; power, accuracy and speed (4)</p>                              |
| <p><b>Pad work, kicks</b><br/>(Student MUST demonstrate excellence in; power, accuracy and speed.)</p>           | <p>Front kick<br/>Round kick<br/>Side kick<br/>Heel kick<br/>Turn back kick<br/>Turn heel kick<br/>Downward kick<br/>Outside crescent kick<br/>Inside crescent kick</p>                       | <p>To demonstrate excellence in; power, accuracy and speed (6)</p>                              |
| <p><b>Pad work, Thai techniques</b><br/>(Student MUST demonstrate excellence in; power, accuracy and speed.)</p> | <p>Forward elbow<br/>Backward elbow<br/>Downward elbow<br/>Upward elbow<br/>Thigh kick<br/>Straight knee<br/>Circular knee</p>  | <p>To demonstrate excellence in; power, accuracy and speed (5)</p>                              |
| <p><b>Takedowns</b></p>  | <p>Inside take down (as with front kick)<br/>Outside takedown (as with Side kick)<br/>Back to back Takedown (as with heel kick)<br/>Momentum sweeps<br/>Any centrifugal/rotation takedown</p> | <p>Showing good timing and understanding of distance as well as good takedown technique (8)</p> |

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| <b>Boxing</b><br><b>Punching</b><br><b>Combinations</b> | jab<br>cross<br>cross and hook<br>jab cross jab<br>jab and uppercut (same hand)<br>double jab, cross<br>jab, cross, hook<br>retreating jab<br>jab ,slip, uppercut<br>slip, hook, cross<br>jab, cross, roll ,hook<br>retreating jab, uppercut<br>retreating jab, hook (same hand)<br>retreating jab, uppercut, hook (same hand)<br>retreating jab, uppercut, hook (same hand) and cross<br>retreating jab, cross, spinning back fist. | This chosho demonstrates that the TKD students has studied and understood techniques from another fighting art. (6) |
| <b>Chokes</b>   | Demonstrate 3 chokes as a defence to an attack   | Shows good understanding of ‘real life’ situations. (6)   |
| <b>locks</b>  | Demonstrate 3 locks as a defence to an attack.   | Shows good understanding of ‘real life’ situations. (6)   |
| <b>Jump Kicks</b><br><b>straight</b>                    | Jump front kick front leg<br>Jump front kick back leg<br>Jump front kick scissor<br>Jump side kick front leg<br>Jump side kick back leg.   | To demonstrate explosive power and athletic ability (9)   |
| <b>Circular Jump</b><br><b>kicks</b>                    | Jump round kick back leg<br>Jump round kick front leg<br>Jump round kick scissor<br>Jump heel kick front leg<br>Jump heel kick back leg<br>Jump crescent kick scissor  | To demonstrate explosive power and athletic ability (10)  |
| <b>Jump reverse</b><br><b>kicks</b>                     | Jump turn heel kick<br>Jump turn back kick<br>Step through jump turn heel kick   | To demonstrate explosive power and athletic ability (10)  |

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|                                     | <p>Step through jump turn back kick</p> <p>Jump turn crescent kick</p> <p>Jump turn round kick</p>   |  |
| <b>360 degree + jump kicks</b>      | 4 kicks minimum  | (10)   |
| <b>Reverse Kata</b>                 | Any Kata from our system (Sa Jang or above) performed in reverse.  | (10)   |
| <b>Long Kata</b>                    | Pinan to Koryo performed as a single Kata without pauses.  | (10)   |
| <b>Sparring against 2 opponents</b> | Sparring (in a controlled and precise manner) against tow opponents.   | (8)  |
| <b>Superfit 1</b>                   | Performing 60 repetitions of all 4 fitness test exercise (pushup, alternate leg raise, alternate squat thrust, crunch) with each rep being high quality and good speed. There must be no pause between the exercise other than to adjust position.   | (9)  |
| <b>Superfit 3</b>                   | <p>Performing 20 repetitions of the following exercise without any pause other than to change/adjust position when changing exercise.</p> <ol style="list-style-type: none"> <li>1. cat stretches</li> <li>2. interlocking finger pushups</li> <li>3. jack knives</li> <li>4. wheel extensions.</li> </ol> | Demonstrates very high levels of fitness/endurance (9)                                       |
| <b>Bag work</b>                     | 3 x 2 minute rounds on the bag. Demonstrating excellent focus, precision and power.  | To demonstrate the ability to create combinations and good movement. (5)                     |
| <b>Iron Shirt</b>                   | <p>Examinees to hold forward stance with either arm in punching position and have 2x2 (inch) wood broken across;</p> <ol style="list-style-type: none"> <li>1. Abdominals</li> <li>2. forearm</li> <li>3. back</li> </ol>  | Demonstrates a students ability to condition any part of their body the withstand blows. (8) |

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|                                   | 4. thigh  |  |
| <b>New Drills</b>                 | Devise 2 new drills or games that develop a particular skill or muscle group that will benefit our training.                        | (9)  |
| <b>Judo throws</b>                | 4 hip or trip throws to leave your opponent on the floor.   | (7)  |
| <b>Ju-Jitsu escapes</b>           | Demonstrate 3 ju- jitsu style escapes from ground positions eg side guard, guard and mount positions.                               | (8)  |
| <b>Stick defence</b>              | Demonstrate 3 defences and counter or restraint against an attack with a stick/cosh. Eg right side, left side and downward attacks. | (8)  |
| <b>Four kick combination no 1</b> | Front kick, side kick, round kick, back kick (slowly then full speed)   | Demonstrates; control, balance, precision and focus (10) |

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| <b>Four Kick combination no 2</b> | Step heel kick, round kick, turn heel kick, round kick. (slowly then full speed)       | Demonstrates; control, balance, precision and focus (10) |
| <b>Knife defence</b>              | Demonstrate 3 defences and counter or restraint against knife attacks                  | Shows excellent awareness (10)                           |
| <b>Cane master</b>                | Demonstrate 5 defence and counter attacks using a walking stick.                       | Uses of common tools as weapons (7)                      |
| <b>Kubotan</b>                    | Demonstrate 3 Kubotan techniques.  | Uses of common tools as weapons (7)                      |
| <b>Combination strikes</b>        | Demonstrate 5 combination strikes designed to distract as well as disable an opponent. | Street awareness (8)                                     |
| <b>Capoeira</b>                   | Demonstrate 4 Capoeira kicks   | Demonstrates good crossover style knowledge (8)          |
| <b>Rear defence</b>               | Demonstrate 3 defences against an attack from behind                                   | (8)  |
| <b>Demo Piece</b>                 | Perform any sequence/item that you have used in an Academy demo.                       | (6)  |
| <b>Aikido</b>                     | Demonstrate 3 Aikido manoeuvres to unbalance and throw your opponent.                  | (9)  |
| <b>Destruction</b>                | A minimum of three breaks using at least one hand and one                              | (7)  |

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| <b>(Board Breaking)</b> | leg technique. The student must make a successful break from at least 3 of every 5 attempts. Students may use the black rebreakable board or supply their own 1 inch thick pine board 11inches wide by 11inches high. |      |
| <b>Destruction Kata</b> | Use any Kata to demonstrate the power and accuracy of any 4 of the striking techniques of the Kata by breaking boards.  | (10) |
| <b>Restraint</b>        | Demonstrate/create 4 restraints that are not currently in the syllabus.   | (10) |

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| <b>Street defence</b>                 | Devise and demonstrate defences and counter attacks (not necessarily restraints) for 4 common street attacks.  | Demonstrates good 'control' of aggression in others ability. (9) |
| <b>Serving the Community</b>          | 1 <sup>st</sup> Chosho - Provide evidence/thanks for 10 hours community work                                   | Community spirit (6)   |
| <b>(carried out prior to grading)</b> | 2 <sup>nd</sup> Chosho - Provide evidence/thanks for a further 15 hours of community work Community spirit (6) | Community spirit (6)   |
|                                       | 3 <sup>rd</sup> Chosho – provide evidence of a FURTHER 20 hours of community work                              |  |
| <b>Personal Physical development</b>  | Knowing & understanding the 'Da Vinci' body  |  |
|                                       | Food/drink consumption – quality/quantity analysis   |  |
|                                       | Giving up – smoking, excessive alcohol, drugs  |  |
| <b>C.I.T.</b>                         | 1 <sup>st</sup> Chosho – year 1  |  |
|                                       | 2 <sup>nd</sup> Chosho – year 2  |  |
|                                       | 3 <sup>rd</sup> Chosho – year 3  |  |
|                                       | 4 <sup>th</sup> Chosho – year 4  |  |
|                                       | Teach own class  |  |
|                                       | Teach own club   |  |
|                                       | 1 chosho for every 10 regular students   |  |
|                                       | 1 chosho for every brown belt student produced   |  |
|                                       | 2 choshos for every black belt student produced  |  |

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| <b>Flexibility</b>     | 1 <sup>st</sup> Chosho – establish a base level                            |  |
|                        | 2 <sup>nd</sup> Chosho – 10% improvement                                   |  |
|                        | 3 <sup>rd</sup> Chosho – 15% improvement                                   |  |
|                        | 4 <sup>th</sup> Chosho – 20 % improvement                                  |  |
| <b>Sparring Drills</b> | 1 <sup>st</sup> Chosho – create 2 sparring drills to be used when teaching |  |

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| <b>Subtle street defence</b>   | Devise and perform 4 techniques that allow you to defend and restrain an assailant attacking with street techniques WITHOUT DRAWING UNDUE ATTENTION TO THE SITUATION  | (9)  |
| <b>Gymnastic combination</b>   | Devise and demonstrate 4 combinations that incorporate both martial arts techniques and gymnastics moves in a smooth combination (each combination must have a minimum of 3 martial art and one gymnastic move) | (10) |
| <b>Long distance jump kick</b> | Usually performed using a running jump side kick, jump and clear obstacles (possibly other students) that add up to a distance 2 x your own height  | (8)  |
| <b>High Jump</b>               | Complete 10 successful (from 12 attempts) double leg jumps over a bo swiped at your own thigh height.   | (9)  |
| <b>Samurai test1</b>           | Hold a Katana in its scabbard in your non dominant hand, hold an apple in the other hand. Throw the apple into the air and draw the sword, slicing the apple before it lands. Must succeed 4 form 6 attempts.   | (10) |
| <b>Samurai test two</b>        | As above but repeat using other hand  | (10) |
| <b>Weapons Form 1</b>          | Minimum 30 moves.   | (10) |
| <b>Weapons form 2</b>          | Minimum 30 moves.   | (10) |
| <b>Weapons form 3</b>          | Minimum 30 moves.   | (10) |
| <b>Weapons form 4</b>          | Minimum 30 moves.   | (10) |
| <b>Freestyle form</b>          | Minimum 30 moves  | (10) |
| <b>Non syllabus TKD form 1</b> |   | (10) |
| <b>Non syllabus TKD</b>        |   | (10) |

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| <b>form 2</b>                                |   |  |
| <b>Japanese Kata 1</b>                       |   | (10)   |
| <b>Japanese Kata 2</b>                       |   | (10)   |
| <b>Japanese Kata 3</b>                       |   | (10)   |
| <b>Chinese (Kung Fu) set</b>                 |   | (10)   |
| <b>Chinese (Kung Fu) set 2</b>               |   | (10)   |
| <b>Chinese (Kung Fu) set 3</b>               |   | (10)   |
| <b>Freestyle form</b>                        |   | (10)   |
| <b>Kata Bunkai</b>                           | Take a form or Kata and explain what each move may be used to represent. The moves do not necessarily have to be completed in the same order as they appear in the Kata. A minimum of 50% of the moves must be included.  | (10)   |
| <b>Kickboxing Grades (above Blue Belt) 1</b> |   | (5)  |
| <b>Kickboxing Grades (above Blue Belt) 2</b> |   | (5)  |
| <b>Kickboxing Grades (above Blue Belt) 3</b> |   | (5)  |
| <b>Balance kicks</b>                         | Starting from a stance, lift one leg to throw the following kicks, in the following order, with placing the foot down until the last kick is completed. These must be demonstrated 3 times slowly then three times on each leg at speed.<br>Front kick, side kick, heel kick, round kick. | This chosho is designed to test balance, poise and control.<br>(6) |

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| <b>Balance kicks + turn</b> | Starting from a stance, lift one leg to throw the following kicks, in the following order, with placing the foot down until the last kick is completed. These must be demonstrated 3 times slowly then three times on each leg at speed.<br><br>Turn back kick, heel kick, round kick, downward kick | This chosho is designed to test balance, poise and control.<br>(7) |
| <b>Balance kicks +</b>      | Starting from a stance, lift one leg to throw the  | This chosho is designed  |

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| step through and turn   | <p>following kicks, in the following order, with placing the foot down until the last kick is completed. These must be demonstrated 3 times slowly then three times on each leg at speed.</p> <p>Back leg side kick, heel kick, foot down, turn heel kick, round kick, side kick.</p>                               | to test balance, poise and control. (8)   |
| Ultimate punch control (two person minimum)   | <p>From a fighting stance, demonstrate the following techniques at full speed to the face 10 times in FAST succession;</p> <p>Lunge punch<br/>Reverse punch<br/>Back fist<br/>Palm heel strike<br/>Turn back fist</p>   | This chosho is designed to demonstrate speed, confidence and ultimate control. (7)                    |
| Ultimate kick control (two person minimum)  | <p>From a fighting stance, demonstrate the following techniques at full speed to the face 10 times in FAST succession;</p> <p>Round kick<br/>Front kick<br/>Step side kick<br/>Crescent kick</p>  | This chosho is designed to demonstrate speed, confidence and ultimate control. (8)                    |
| Ultimate spin kick control (two person minimum)   | <p>From a fighting stance, demonstrate the following techniques at full speed to the face 10 times in FAST succession;</p> <p>Turn back kick<br/>Turn heel kick<br/>Turn crescent kick</p>  | This chosho is designed to demonstrate speed, confidence and ultimate control. (9)                    |
| Ultimate jump kick control (can be performed alone but you must organise a 'stooge' as your target) | <p>From a fighting stance, demonstrate the following techniques at full speed to the face 10 times in FAST succession;</p> <p>Jump front kick<br/>Jump round kick<br/>Jump side kick</p>  | This chosho is designed to demonstrate speed, confidence and ultimate control. (10)                   |
| Black Belt Combinations (variation)   | <p>Put together your own version of the Black Belt Combinations with a similar number of techniques.</p> <p>Hand techniques<br/>Leg techniques<br/>Combined hand and leg techniques</p>   | Designed to demonstrate your ability to take a concept and vary it. (5)                               |
| Black Belt combinations (variation 2)   | <p>Put together your own version of the Black Belt Combinations with a similar number of techniques.</p> <p>Hand techniques (including double blocks, and double strikes).<br/>Leg techniques (including double kicks, jump kicks and spinning kicks)<br/>Combined hand &amp; leg techniques (including; double</p> | Designed to demonstrate your ability to take a concept and enhance it & make it more challenging. (8) |

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|  | blocks, double strikes, double kicks, jump kicks and spinning kicks)   |  |
| Candle extinguish  | Using one hand and one leg technique, extinguish a candle without physically touching it (ie utilising the 'draft' from your technique).<br>From 5 attempts you must achieve 2 successes minimum.  | Designed to demonstrate speed and precision of one hand and one leg technique.                                 |
| Kicks as basics  | Using the 5 kicks below, create a 'basic' marching forward (as with blocks/punches)<br>Remembering always that every part of the body MUST have a specified position at any given moment.<br>Front kick<br>Round kick<br>Side kick<br>Crescent kick<br>Downward kick | Designed to demonstrate precision and attention to detail as well as good 'zanshin' (the ability to continue). |
| Choreographed fight scene (between 1 and 3 minutes in duration). Two person minimum.             | Choreograph a fight scene that shows effectiveness, explosivity, control, imagination. Both (ALL) participants must demonstrate their skills in the sequence, it may have a 'winner' or not. It can also have a humorous element or not.                             | Designed to stimulate the imagination and to allow black belts to be completely creative in their own way.     |
| One inch punch board break   | Extend fingers (as in spear hand) and allow the tip of your longest finger to touch the board. Then, without any pull back, close your hand into a fist and break the board in one swift, smooth movement.   | Designed to increase explosiveness and focus.  |
| UCT 'Shield' drills and sequences<br><b>Up to 5 choshos may be gained using 'Shield' drills.</b> | Take any of the drills and practice routines learned in the 'Shield' instructor training and turn it into a 'bunkai' freestyle kata. This needs to be demonstrated with and without an opponent.   | Designed to increase self defence/street awareness skills (5)  |

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| Work experience | For those students fortunate enough to be still at school and ready to enjoy 'work experience' we have an 'incentive' chosho. If you can be so outstanding during your work experience that the employer is prepared to write a letter to the Academy saying so, this will be your chosho. You will still need to grade to carry out the syllabus portion at the grading however. | Designed to encourage the <b>'I will be outstanding in what I do'</b> approach to life. (9) |
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