

| Cho Dan Terminology Requirements | Translation |
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| 1 Ha Dan Mahk Kee | Low Block |
| 2 Sang Dan Kong Kyuk | High Punch |
| 3 Choong Dan Kong Kyuk | Middle Punch |
| 4 Sang Dan Mahk Kee | High block |
| 5 Ahneso Phakuro Mahk Kee | inside/outside block front stance |
| 6 Wheng Jin Kong Kyuk | side middle punch horse back stance |
| 7 Choong Dan Yup Mahk Kee | side middle block, back stance |
| 8 Ha Dan Soo Do Mahk Kee | low knife hand back stance |
| 9 Choong Dan Soo Do Mahk Kee | middle knife hand back stance |
| 10 Choong Gul Sang Soo Mahk Kee | two fist block front stance |
| 11 Ha Dan Mahk Kee, Tuel Oh Choong Dan Kong Kyuk | low block, opposite middle punch |
| 12 Sang Dan Mahk Kee, Tuel Oh Choong Dan Kong Kyuk | High block, opposite middle punch |
| 13 Ahp Cha Nut Gi, Tuel Oh Choong Dan Kong Kyuk | front kick, opposite middle punch |
| 14 Choong Dan Soo Do Mahk Kee, Tuel Oh Kwan Soo Kong Kyuk | middle knife hand, opposite spear hand front stance |
| 15 Ha Dan Mahk Kee, Ahneso Phakaro Mahk Kee, Tuel Oh Choong Dan Kong Kyuk | low block, inside/outside block, opposite middle punch |
| 16 Sang Dan Mahk Kee, Tuel Oh Ha Dan Mahk Kee, Wheng Jin Kong Kyuk | high block, opposite low block, side middle punch |
| 17 Wheng Jin Kong Kyuk, Hu Jin, Choong Dan Yup Mahk Kee | side middle punch, retreat, side middle block |
| 18 E-Dan Ahp Cha Nut Gi, Tuel Oh Chong Dan Kong Kyuk | jump front kick, opposite middle punch |