

3rd DAN

- FWD** Rear leg, Double Side Kick, Reverse Side Kick, Land L Stance, Forearm Guarding Block, (change legs)
- BWD** Walking Stance, X Fist Pressing/X Knife Hand Rising Block, Twist Hands, Reverse Punch (Yoo Sin)
- FWD** Rear leg, Reverse Hooking/Side Kick Combination, land L Stance, Forearm Guarding Block (Choi Yong)
- BWD** Walking Stance, Double Forearm Block, Reverse Low Block (Yoo Sin)
- FWD** Sitting Stance, Back Hand Strike, Inward Crescent Kick (hitting palm), Side Kick same leg Land L Stance, Back Hand Strike (Yoo Sin)
- BWD** Fixed Stance, U Shape Punch (Yoo Sin)
- FWD** Rear leg, Front Kick, Turning kick, Axe kick (same leg)
- BWD** Walking Stance, Mid Section Reverse Inward Outer Forearm Block, High Obverse Punch (Sam Il)
- FWD** Rear leg, Twisting Kick, Land Walking Stance, X Fist Pressing Block, Rising Knife Hand Block (Eui Am)
- BWD** Walking Stance, Knife Hand Rising Block, Circular Block, Obverse Punch (Choi Yong)
- FWD** Rear leg, Pressing Kick, Middle Side Kick, land in L Stance, Inward Knife Hand Strike (Kwang Gae)
- BWD** Walking Stance, Rising Block, Low Block, Double Arc Hand (Gae Baek)
- STATIC:** Jumping Front Kick, Jumping Side Kick, Jumping Turning Kick, Jumping Reverse Side Kick

Patterns

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| Examiners choice coloured belt pattern x 1 | All together |
| Examiners choice 1st or 2nd Dan patterns x 2 | All together |
| Sam Il, Choi Yong, Yoo Sin | All together |

Sparring

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|-----------------------|-----------------------------------|
| 2 Step Sparring (5-8) | As linework, attack & defence |
| 1 Step Sparring | Static (left & right, no partner) |
| Free Sparring | Executed as shadow sparring |