



INDEPENDENT TANG SOO DO ASSOCIATION

South Hills Karate Academy

1711 Route 885

West Mifflin, PA 15122

412-418-3688



2026 26th Dan Classing Examination & Recertification

I hope this communication finds you doing well. The purpose of this communication is to inform you of the format along with the dates and times of our upcoming **26th Dan Classing Examination & Recertification**.

The examination and recertification process will take place **Thursday, October 22nd and Saturday, October 24th**. This a two day training and testing event. Students will be expected to participate in both days. **There will be NO EXCEPTIONS!**

We will be hosting Master Robert Zang (6th Dan Tae Kwon Do). Master Zang will be conducting a special tournament sparring clinic which is part of the **26th Dan Classing Examination & Recertification**.

Below you will find all of the information that you will need to help you prepare for the upcoming event. **The Training Clinics are mandatory for Dan Testing as detailed below**. Please read the **Schedule of Events** carefully!

I also suggest that you review your requirements which can be found in the [Yu Gup Ja Training Manual](#) and Yu Dan Ja can review their requirements by clicking [here](#). Also be sure to review the Student Gup Manual to review Bunhae Ki Sul (Bunkai).

You can download the necessary registration forms here depending on your eligibility:

[Dan Promotion Application](#) - FEE \$300.00

[Yu Dan Ja Recertification Forms](#) - FEE \$60.00

Note: the Dan Testing Fee covers the cost of all Training Clinics! You can also pay for the Dan Testing online [here](#).

Dates and Times

Details are below in the Schedule of Events

- **Thursday Oct 22nd: 6:00PM - 8:30PM: Clinic #1 Training and Preparation**
- **Saturday Oct 24th: 10:00AM - 12:30PM - 26th Dan Classing Examination**
- **Saturday October 24th: 12:30PM - 2:00PM - Break For Lunch**
2:00PM - 3:30PM - Clinic #2
3:30PM - 5:00PM Clinic #3



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Written Essays

Cho-Dan Candidates and Dans testing for full rank will need to have their written essays submitted no later than **2 weeks after the physical testing** directly no later than **Saturday, November 7th**. You can email them to me in an electronic format at mastergarbowsky@gmail.com.

Testing for Cho Dan:

Two Written Essays (500 words total)

1. Discuss the meaning, history, and techniques of the Passai Dae hyung
2. Discuss the topic "What Tang Soo Do Means to Me"

Testing for Ee Dan:

Two Written Essays (500 words total)

1. Why I Continue To Study Tang Soo Do (250 words)
2. What is the Meaning Of Ru Pa (250 words)

Testing for Sam Dan:

Three Written Essays (1000 words total)

1. Discuss the meaning and history of the Ro Hai Hyung
2. Discuss the essential characteristics of Tang Soo Do which make it unique and different from other martial art styles
3. Discuss your personal understanding and philosophy of self—defense including its meaning, purpose and application.

Schedule of Events

Note all below times are estimated

Clinic #1: Training and Preparation - Mandatory for all testing candidates

Thursday October 22nd: 6:00PM - 8:30PM - Master Garbowsky and Master Dave Potts

Material: Training Session with Master Garbowsky and Master Potts

- Gi Cho Ki Sul - Basic Techniques
- Advanced Combinations
- Required Hyung
- Combination III Soo Shik Dae Ryun
- Pyong Ahn III Soo Shik Dae Ryun
- Bunhai Ki Sul (Bunkai Training and Preparation)

Testing: Saturday October 24th: Mandatory for all testing candidates

10:00AM - 12:30PM: 26th Dan Testing - Presentation Portion

(please arrive early for warm-up as we will start right into testing at the 10:00AM start time)

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Clinic #2: Mandatory for all testing candidates. *Open to all students!*****

\$35 Registration fee for non-testing students - Register online!
Saturday October 24th: 2:00PM - 3:30PM

Material: Sparring Skills Session with Master Robert Zang (Tae Kwon Do)

Master Zang will teach the fundamentals of sparring and tournament sparring including striking both kicking and hand techniques, footwork, and offense and defenses skills to give you an edge!

Clinic #3: Mandatory for all testing candidates. *Open to all students!*****

Included with Clinic #2 Registration - Register online!
Saturday October 24th: 3:30PM - 5:00PM

Material: Pyong Ahn Hyung, Bassai Nai Hanchi Bun Hai Ki Sul (Bunkai)

Master Garbowsky will be teaching 2 Bun Hai Ki Sul technics from each of the 5 required Pyong Ahn Forms as well as the Bassai and Nai Hanchi hyung. These will become the standard practical applications for the Pyong Ahn, Bassai and Nai Hanchi forms.

2026 25th Dan Classing Examination & Recertification

Yu Dan Ja	Dan Bon #	Current Rank	Eligible	Type	School
Ko Dan Ja Recertifications					
Ko Dan Ja					
Alan Ritvo	ATA36575	Oh Dan	Level 4	Recert	Riverview
Garrett Treager	USA 12-10	Oh Dan	Level 4	Recert	N. Carolina
Dave Potts	USA 13-06	Sa Dan	Level 4	Recert	SHKA
Yu Dan Ja - Sam Dan Recertification					
Andrew Schreiber	USA 18-15	Sam Dan	Level 2	Recert	SHKA
Sydney Sodini	USA 18-18	Sam Dan	Level 2	Recert	SHKA
Lily Goe	USA 19-01	Sam Dan	Level 2	Recert	SHKA



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Yu Dan Ja	Dan Bon #	Current Rank	Eligible	Type	School
Yu Dan Ja - Ee Dan					
Jared Thompson	USA 22-06	Ee Dan	Sam Dan	Rank	SHKA
Lynn Potts	USA 22-01	Ee Dan	Level 2	Recert	SHKA
Darlene Garbowsky	USA 23-02	Ee Dan	Level 2	Recert	SHKA
Hunter Mandich	USA 23-03	Ee Dan	Level 2	Recert	SHKA
Harold Smith	USA 23-04	Ee Dan	Level 2	Recert	SHKA
Yu Dan Ja - Cho Dan					
Keiara Atkinson		Cho Dan	Level 2	Recert	SHKA
Anurup Timsina	USA 25-03	Cho Dan	Level 2	Recert	SHKA
Lexi Wagner	USA 25-03	Cho Dan	Level 2	Recert	
Yu Dan Ja - Kyo Sa					
Hunter Mandich	USA 23-03	Ee Dan	Level 2	Kyo Sa	SHKA
Cho Dan Rank Promotions					
Sam Abrosimov		2nd Pre-Test	Cho Dan	Rank	SHKA
Johnny Balay		2nd Pre-Test	Cho Dan	Rank	SHKA
Aaron Baral		2nd Pre-Test	Cho Dan	Rank	SHKA
Anoop Baral		2nd Pre-Test	Cho Dan	Rank	SHKA
Zachary Clipp		2nd Pre-Test	Cho Dan	Rank	SHKA
Diana DelRosso		2nd Pre-Test	Cho Dan	Rank	SHKA
Bishal Niroula		2nd Pre-Test	Cho Dan	Rank	SHKA
Aarya Timsina		2nd Pre-Test	Cho Dan	Rank	SHKA
Josh Eichhorn		2nd Pre-Test	Cho Dan	Rank	SHKA
Salina Khatiwada		2nd Pre-Test	Cho Dan	Rank	SHKA
Thomas Khatiwada		2nd Pre-Test	Cho Dan	Rank	SHKA

Please let me know any questions.



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Regards,

Master Gene Garbowsky
President & Founder, Independent Tang Soo Do Association

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