

# Soo Bahk Do Moo Duk Kwan Federation

## 5<sup>th</sup> GUP Minimum Requirements

### General Requirements:

The following are minimum requirements to be eligible for promotion:

- Age Requirements: No minimum age.
- Proof of current federation membership
  - Federation ID Card
- Membership time must equal or exceed required training time
- Must be of sound moral character

### Expectation of Performance:

Candidate should be able to demonstrate the following:

- Proper Ki Hap, spirit, and Moo Do Jaseh
- Proper focus (Shi Sun)
- Proper respect to senior and junior members
- Proper weapon discipline
- Proper process of 'chain of command' in hand/foot basics
- Proper demonstration of speed control (Wan Gup)

### Culture, Terminology, and History

Candidate should be able to explain his or her understanding of the following:

- Adults: Discuss personal benefits from your Soo Bahk Do training and 8 Key Concepts
- Children: List favorite 8 Key Concept and why
- Meaning of Chil Sung
- Honesty: Chung Jik
- Korean Numbers: Il through Ship
- Questions about protocol and etiquette

### Basic Movement (Gi Cho Bup)

- Hand Techniques (Soo Gi)
  - Choong Dan Soo Do Mahk Ke Middle Knife Hand Block
  - Ha Dan Ssang Soo Mahk Ke Low Two Hand Block
  - Kwan Soo Kong Kyuk Spear Hand Strike
  - Kwon Do Kong Kyuk Hammer Fist Strike
- Foot Techniques (Jok Gi)
  - Pahkeso Ahneuro Cha Gi Outside to Inside Kick
  - Ee Dan Yup Podo Cha Gi Jumping Side Kick
  - Hand and foot combinations using all known techniques, including use of Huri flow

### Hyung (Forms)

- Chil Sung E Ro Hyung

### Il Soo Sik Deh Ryun (One step sparring)

- Adults: Chil Bon and Pahl Bon
- Children: Sam Bon (Side step with block and counter only)

### Ho Sin Sool (Self defense)

- Adult: Same Side Wrist Grips - Il Bon and E Bon
- Children: Cross Wrist Hand Grips - E Bon

### Ja Yu Deh Ryun (Free Sparring)

- Free Sparring
- Green Belt Combinations
  - Il Bon and E Bon

### Kyok Pa (Breaking)

- Kwon Do Kong Kyuk or Dwi Podo Cha Gi