

# MINIMUM PROMOTION REQUIREMENTS – Martial Virtues Acad. of Soo Bahk Do CHO DAN

## GENERAL REQUIREMENTS

1. Must be a member in good standing of the U.S. Soo Bahk Do Moo Duk Kwan Federation Inc.
2. Must be of Sound Moral Character
3. No age requirement
4. Must be recommended by their Sa Bom / Kyo Sa.
5. Regular weekly *Dojang* attendance
6. Contribution in service to the Korean Soo Bahk Do Association, Moo Duk Kwan or U.S. Soo Bahk Do Moo Duk Kwan Fed. Inc.
7. Must have minimum required evaluations by the Regional Examiner or his/her designee
8. A minimum of 6 regional / national participation points, including at least 3 in the one year prior to testing
9. All previous requirement sheets

## GENERAL KNOWLEDGE

1. Good conceptual knowledge of all lower rank techniques and requirements
2. Korean SOO BAHK DO terminology, etiquette and further development of MOO DUK KWAN attitudes and spirit
3. Ability to explain the relationship between forms and mental discipline
4. General knowledge of Gup / Dan Manual

## EXPECTATIONS OF PERFORMANCE

1. Proper Distance Control
2. Demonstration of Proper Intent (*Moo Do Shim Gung*) during physical demonstration
3. Proper respect to Senior and Junior members
4. Proper acceleration of movement to maximum force
5. Demonstration of proper ceremony during *Il Soo Sik* and *Ho Sin Sul*

## DEMONSTRATION OF ABILITY

### 1. KI CHO

#### \*\*\*Standardized Federation Drilling sheet – *Cho Dan* section

SOO GI: \*\* All basics and combinations ARE required with emphasis on Hu Jin (singly and combinations)

Hwak Kuk (Jang Kwon Do / Kap Kwon)	ex. jang kwon do – t/o jang kwon do - kwon do
Do Mahl Sik-Part A (paint, smear)	Choong dan soo do / 2 presses from Du Moon

JOK GI: \*\* All previous single and combination kicks (ground, gliding, spinning, *du bal* and *dwi oh*)

Du Bal Chirumyo Cha Gi	Simultaneous Side Kick and High Punch
Du Bal Peet Cha Gi	Flying Scissors Kick

#### FOCUS KICKING:

Ability to perform all kicks to proper target on a partner at full speed with maximum 1” distance

COMBINATIONS: Ability to demonstrate hand and foot combos using all known techniques, including jumps

YEON SEO CHA GI: All Previous

### 2. HYUNG

Ki Cho Hyung Sam Bu  
Passai  
Nai Han Ji Cho Dan  
**Chil Sung Ee Ro**

### 3. IN NEH (Endurance)

Candidate will demonstrate Pahl Put Ki (horse stance punching) minimum of 120 repetitions, with focus on power, speed, and proper direction of hip, within 60 second time period.

### 4. IL SOO SIK DEH RYUN / SAM SOO SIK DEH RYUN

Standardized Il Soo Sik - All previous techniques (#1 - #16) *plus* #17 - **Sip Chil Bon**, #18 - **Sip Pal Bon**  
Sam Soo Sik: 4 Personal Technique Demonstrations of Partner connection (slow and fast)  
10 Il Soo Sik of student's choice (utilizing new techniques, techniques from Hyung, etc.)  
Defense against unknown attacks

## Cho Dan Testing Requirements – Continued

### 5. HO SIN SOOL

All Standardized 1 and 2-handed wrist grips (cross, same, 2-on-2, 2-on-1, side, behind)

Techniques will be called in any random order

Defense against unknown attacks

### 6. JA YA DEH RYUN

All Sparring Combinations from Red Belt Instructional Guide

3 Free Sparring Matches

Lower Level

Same Level

Higher Level

2 Matches Fighting from Floor (1 match up and 1 match down)

3 ten second drills fighting against TWO attackers

### 7. KYUCK PA: (Students will provide all breaking materials)

Dwi Oh Dwi Podo Cha Gi

Three Boards

Goolo Yup Podo Cha Gi

Two - Three Boards

Chirumyo Cha Go (ground or Du Bal)

One Board Each

Continuous Breaking Sequence (unknown)

5 stations – One board each

Chang Kwan

One – Three (with spacers) Patio Tiles

Hyung – Demonstrate any required hyung with a minimum of five breaking stations

### 8. CULTURE AND TERMINOLOGY

Refer to questions in the GUP manual

Lineage

History of Soo Bahk Do

History of Soo Bahk Do in Region 7

Organizational Structure of US Soo Bahk Do Moo Duk Kwan Fed

TAC, SAC, Hu Kyun In. Board of Directors, Regional Examiners, etc.

History and style of all current and past hyungs

Moo Pal Dan Kum

Explain Motivation

Explain the Theory of Immovable Elbow / Unbendable Arm

10 Articles of Faith on Mental Training

Identify why each of the 8 key concepts are important in Soo Bahk Do

WRITTEN TEST – “What Soo Bahk Do Means to Me” must be completed 30 days before test  
Minimum of 1000 words, typed, double spaced

### 9. READING

SOO BAHK DO MOO DUK KWAN volume I

Grandmaster Hwang Kee

RED BELT INSTRUCTIONAL GUIDE

Grandmaster Hwang Kee / H.C. Hwang

HISTORY OF THE MOO DUK KWAN

Grandmaster Hwang Kee

GUP MANUAL

U.S. SBD MDK FED. INC.

JONATHAN LIVINGSTON SEAGULL

Richard Bach

THE ZEN WAY TO THE MARTAIL ARTS

Taisen Deshimary

WAY OF THE PEACEFUL WARRIOR

Dan Millman