

MINIMUM PROMOTION REQUIREMENTS

2nd GUP

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. Regular weekly *Dojang* attendance
5. REGULAR training outside of formal class
6. Service to Dojang, Region, or Federation
7. All previous requirement sheets

GENERAL KNOWLEDGE

1. Conceptual knowledge of all lower rank techniques and requirement sheets
2. Korean SOO BAHK DO terminology, etiquette and further development of MOO DUK KWAN attitudes and spirit
3. Philosophy and History of SOO BAHK DO MOO DUK KWAN
4. Development of a *Leadership role* and responsibilities in the Do Jang

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 - SOO GI: *** *Emphasis on Tuelo Defensive and Offensive Techniques, and Hu Jin* ***

Hwak Kuk (Jang Kwon Do / Kap Kwon)	ex. jang kwon do – t/o jang kwon do - kwon do
He Cho Mahk Kee	Spread Block
Jip Kye Son	Plier Hand Attack
Yoo Kwon	Soft Fist
Noo Lu Mahk Kee	Pressing Block
Il Chee Kwon Soo	One Finger Spear Attack
Ee Chee Kwon Soo	Two-Finger Attack

Simultaneous Hand Techniques:

Sang Dan Mahk Kee - Tuelo Sang Dan Kong Kyuk

Ha Dan Soo Do Mahk Kee - Sang Dan Yuk Soo Do Mahk Kee - Behind Head

JOK GI: *** All single leaping and fake jumping kicks required. ***

Du Bal Dwi Podo Cha Gi	Jump Spinning Back Kick with Fake
Ee Dan Yup Hu Ri Gi	Leaping Spinning Back Long Kick
Du Bal Ahneso / Pahkeso Cha Gi	Flying Inside Outside / Outside Inside Kick
Dwi Oh Dwi Dull Ryo Ahneso / Pahkeso	Tornado Kick

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

YEON SEO CHA GI:

All Previous

Three of student's choice

2. HYUNG

Pyung Ahn Sa Dan

Pyung Ahn O Dan

Passai

* Ability to perform all current and past Hyungs against opponents.

2nd Gup Testing Requirements – Continued

3. IL SOO SIK DEH RYUN
Standardized Techniques - All previous techniques (#1 - #12) ***plus***
#13 - Sip Sam Bon, #14 - Sip Sa Bon
New Techniques Demonstrated / Creative personals – 5-8 of student's choice
Defense against unknown attacks
4. HO SIN SOOL
Cross Hand Wrist Grips: Standardized Techniques #1 - #4
Same Side Wrist Grip: Standardized Techniques #1 - #4
Two Hands grabbing two wrists: Standardized Techniques #1 - #4
Two Hands grabbing one wrist: Standardized Techniques #1 - #3
Defense against unknown attacks
5. JUDO
Falls, front sweeps, rear levers, basic throws
Gravity Drop
6. JA YU DEH RYUN
Sparring Combinations from Red Belt Instructional Guide
Free Sparring against: Lower Level, Same Level, Higher Level
1 Match Fighting from Floor
7. KYUCK PA: (Student will provide all breaking materials) - *13 and higher will demonstrate with 1"x12"x12" pine wood*
Soo Do Kong Kyuk One Board - Speed Break
Yuk Soo Do Kong Kyuk One Board
Dwi Hu Ri Gi One Board
Dwi Oh Dwi Podo Cha Gi Two Boards
Dwi Oh Yup Podo Cha Gi - Jumping over Students Two Boards
Chang Kwan One or Two (with spacers) Patio Tiles
8. CULTURE AND TERMINOLOGY
Explain the Hierarchy of the US Soo Bahk Do Moo Duk Kwan Federation
Explain Why a Proper Diet is Important
Explain the Theory of UM YANG (Yin / Yang)
Ability to Explain any of the 8 Key Concepts
Explain MU-SHIM
Explain Motivation
Explain the Theory of Immovable Elbow / Unbendable Arm
Articles of Faith 1-7, **plus #8 – Face combat only in justice and with honor, #9 – Never retreat in battle**
5 Moo Do Values: History, Tradition, Discipline/ Respect, Philosophy, Technique
WRITTEN TEST - to be handed out 1 week prior to testing and returned on test day!
***** Also include typewritten Ki Cho combinations, Yeon Seo cha gi and Il Soo Sik**
9. READING (A = all student ages; E = elders – over 16 only)
RED BELT INSTRUCTIONAL GUIDE (A) Grandmaster Hwang Kee / H.C. Hwang
GUP MANUAL (A) U.S. Soo Bahk Do Moo Duk Kwan Fed. Inc.
JONATHAN LIVINGSTON SEAGULL (A) Richard Bach- Read it again for the First time!
THE MAKING OF A MARTIAL ARTIST (E) Sang Kyu Shim
WAY OF THE PEACEFUL WARRIOR (A) Dan Millman

*** NOTE: Be prepared to give your thoughts and impressions on the required readings at the Test.