

MINIMUM PROMOTION REQUIREMENTS

3RD GUP



GENERAL REQUIREMENTS

1. Must be a member in good standing of the U.S. Soo Bahk Do Moo Duk Kwan Federation Inc.
2. Sound moral character
3. No age requirement
4. Regular weekly *Dojang* attendance
5. REGULAR training outside of formal class
6. Service to *Dojang* / Region / Federation
7. All previous requirement sheets
8. Development of a **Leadership role** and responsibilities in the Do Jang

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

EXPECTATIONS OF PERFORMANCE

1. Proper *Ki Hap*, SPIRIT, *Shi Sun* and *Moo Do Jaseh*
2. Proper Weapon Discipline
3. Proper respect to Senior and Junior members
4. Proper process of 'Chain of Command' in Hand/Foot techniques
5. Proper demonstration of 8 Key Concepts

DEMONSTRATION OF ABILITY

1. KI CHO – SOO GI:

Hwak Kuk (Jang Kwon Do / Kap Kwon)
*Kwon Do / Tuel Oh Kwon Do
Yuk Gin Kong Kyuk
Sin Mok Dyung Mahk Kee
Yuk Soo Do Mahk Kee
Il Chee Kwon
Sewo Chirukee

Sieze/Smash (long-double hammer / back fist)
*Hammer Fist / Reverse Hammer Fist
Reverse Punch, Modified Back Stance
Bent Wrist Block (Chungle, Hugul, Kema)
Reverse Knife Hand Double Block
One Fore-knuckle Attack
Double Fist Strait Attack

Hu Jin Ability to perform all new and previous techniques moving backwards.

JOK GI:

Dwi Yup Hu Ri Gi (Kilge Cha Gi)
Dwi Oh Ahneso Pahnkuro Cha Gi
Dwi Oh Dwi Ahneso Pahnkuro Cha Gi
Ahp Me Roup Cha Gi
Twit Cha Gi

Long Back Spinning Kick
Leaping Inside Outside Kick
Flying Short Spinning Inside Outside Kick
Front Push Kick / Jamming Kick
Back Kick – no spin

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

YEON SEO CHA GI:

All previous plus **Two of student's choice**

2. HYUNG

Pyung Ahn Sam Dan
Pyung Ahn Sa Dan

* Ability to perform all current and past Hyungs against opponents

3. IL SOO SIK DEH RYUN

Standardized Techniques - All previous techniques (#1 - #10) **plus**

#11 - Sip Il Bon, #12 - Sip Ee Bon

New Techniques Demonstrated / Creative personals – 6 of student's choice

Defense against unknown attacks

3rd Gup Testing Requirements - Continued

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
Defense against unknown attacks
5. JUDO
Roll / slap falls, front leg sweep, rear leg lever
Front hip throw (O Goshi)
6. JA YA DEH RYUN
Any 2 sparring combinations from Green Belt Instructional Guide
Any 2 sparring combinations from Red Belt Instructional Guide
Free Sparring Matches:
1 Against Lower Level
2 Against Same Level
1 Against Higher Level
PI HAGI: Dodging Techniques - Examiners Choice
7. KYUCK PA: (Student will provide all breaking materials) - *13 and higher will demonstrate with 1"x12"x12" pine wood*
Choong Dan Kong Kyuk / Tuelo One Board
E-Dan Dull Ryo Cha Gi One Board
Dwi Yup Hu Ri Gi One Board Suspended
Dwi Oh Dwi Podo Cha Gi One Board
Ahp Me Roup Cha Gi Two Board
Yup Podo Cha Gi Two Boards
Chang Kwon One Patio Tile (age 15 and up)
8. CULTURE AND TERMINOLOGY
**8 Key Concepts: Yong Gi – Courage, Chung Shin Tong Il – Concentration, In Neh - Endurance
Chung Jik – Honesty, Kyum Son – Humility, Wan Gup - Speed control
Shin Chook - Tension Relaxation, Him Cho Chung - Control of Power**
Articles of Faith 1-6 **plus # 7: Be Faithful to Friends**
Explain SON SOK MEE
What is the History of the Moo Duk Kwan?
Explain PYONG AHN
Explain Work - Reference the book THE PROPHET
What are the Responsibilities of BE-ing a RED Belt?
What are the benefits of E-Dan Cha Gi techniques?
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 type-written Ki Cho combinations, Yeon Seo cha gi and Il Soo Sik**
* All current or past culture and terminology can be requested
9. READING (A = all student ages; E = elders – over 16 only)
GREEN BELT INSTRUCTIONAL GUIDE (A) Grandmaster Hwang Kee / H.C. Hwang
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 PROPHET (A) Kahil Gibran

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