

MINIMUM PROMOTION REQUIREMENTS

4TH 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. All previous requirement sheets

GENERAL KNOWLEDGE

1. Conceptual knowledge of all lower rank techniques and requirement sheets
2. Understanding of MOO DUK KWAN spirit by demonstrated attitudes
3. Additional knowledge of basic techniques of SOO BAHK DO

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

HAND TECHNIQUES:

Yuk Soo Do Kong Kyuk	Ridge Hand (palm down)
Tuelo Yuk Soo Do Kong Kyuk	Reverse Ridge Hand
Vertical Pal Koop Chi Kee	Vertical Elbow Attack
Pal Koop Chi Kwon Soo	Elbow Spear Attack
Dwi Dull Ryo Chiruki	Spinning Hand Attacks
- Kap Kwon	- Back Fist
- Kwon Do	- Hammer Fist
- Soo Do	- Knife Hand

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

FOOT TECHNIQUES:

Yup Hu Ri Gi	Hook Kick
Goolo Yup Hu Ri Gi	Step Behind Hook Kick
Goolo Ahneso Pahkuro Cha Gi	Sliding Inside Outside Kick
Dwi Ahneso Pahkuro Cha Gi	Short Spinning Kick

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

YEON SEO CHA GI:

1. Ahp Cha Nut Gi, Dull Ryo Cha Gi, Ahneso Pahkuro Cha Gi
2. Yup Podo Cha Gi, Dwi Podo Cha Gi, Dull Ryo Cha Gi
3. Pahkeso Ahnuro Cha Gi, Yup Podo Cha Gi, Ahneso Pahkuro Cha Gi, Dull Ryo Cha Gi

2. HYUNG

Pyung Ahn Ee Dan
Pyung Ahn Sam Dan

* Ability to perform all current and past Hyungs against opponents

3. IL SOO SIK DEH RYUN

Standardized Techniques - All previous techniques (#1 - #8) **plus** #9 - **Gu Bon**, #10 - **Sip Bon**
New Techniques Demonstrated / Creative personals – 5 of student's choice

4th Gup Testing Requirements - Continued

4. HO SIN SOOL
 Cross Hand Wrist Grips: Standardized Techniques #1 - #4
 Same Side Wrist Grip: Standardized Techniques #1 - #4
 Defense against unknown attacks
5. JUDO
 Roll / Slap falls, front leg sweep
 Rear leg lever
6. JA YA DEH RYUN
 Sparring Combinations any 2 from Green Belt Instructional guide
 Free Sparring Matches Against: Lower Level, Same Level, Higher Level
- PI HAGI:
 Dodging Techniques - Examiners Choice
7. KYUCK PA: - 13 and higher will demonstrate with 1"x12"x12" pine wood – student can buy wood from local lumber store
- | | |
|---|----------------|
| Soo Do Kong Kyuk | One Board |
| E-Dan Yup Podo Cha Gi (over students) | One Board |
| Dwi Podo Cha Gi | One Board |
| Dwi Oh Dwi Podo Cha Gi | One Board |
| Any Spinning Hand Technique | One Board |
| Dull Ryo Cha Gi | One Board |
| Student choice – Combination break (2-3 techniques) | One Board Each |
8. CULTURE AND TERMINOLOGY
- | | | |
|-----------------|--------------------|--------------------------|
| 8 Key Concepts: | Yong Gi | Courage |
| | Chung Shin Tong Il | Concentration |
| | In Neh | Endurance |
| | Chung Jik | Honesty |
| | Kyum Son | Humility |
| Weh Gung | | External Power |
| Neh Gung | | Internal Power |
| Shim gung | | Spiritual Power / Intent |
- Identify and Explain the 11 Points of Emphasis on Mental Training
 Explain Mukyum
 Explain the Moo Duk Kwan Flag
 Explain the Importance of Training
 Explain the Importance of Performing Repetitions
 Explain the Importance of Giving
 Article of Faith # 6: Be Faithful between Teacher and Student
 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 Il Soo Sik**

ORAL QUESTIONS

Any current or past culture and terminology can be requested. This includes items covered in previous requirement sheets as well as topics discussed in class.

9. READING (A = all student ages; E = elders – over 16 only)
- | | |
|--|---|
| GREEN BELT INSTRUCTIONAL GUIDE (<u>A</u>) | Grandmaster Hwang Kee / H.C. Hwang |
| GUP MANUAL (<u>A</u>) | U.S. Soo Bahk Do Moo Duk Kwan Fed. Inc. |
| JONATHAN LIVINGSTON SEAGULL (<u>A</u>) | Richard Bach- Read it again for the First time! |
| THE PROPHET - Chapter on GIVING (<u>A</u>) | Kahil Gibran |
| THE MAKING OF A MARTIAL ARTIST (<u>E</u>) | Sang Kyu Shim |

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