

MINIMUM PROMOTION REQUIREMENTS

5TH 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. 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 *Wan Gup* (Speed Control)

DEMONSTRATION OF ABILITY

1. KI CHO

HAND TECHNIQUES:

Tuelo Ha Dan Mahk Kee	Reverse Low Block
Tuelo Sang Dan Mahk Kee	Reverse High Block
Tuelo Ahneso Pahkuro Mahk Kee	Reverse Inside Outside Block
Tuelo Pahkeso Ahnuro Mahk Kee	Reverse Outside Inside Block
Ha Dan Soo Do Mahk Kee	Low Knife Hand Block, Back Stance
Sang Dan Soo Do Mahk Kee	High Knife Hand Block, Back Stance
Chung Kwon Soo	Middle Reinforced Spear Hand (vertical fingers)
Pyung Kwon Soo	High Spear Hand (horizontal fingers)
Ssang Soo Ha Dan Mahk Kee	Low X Block
Ssang Soo Sang Dan Mahk Kee	High X Block

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

FOOT TECHNIQUES:

Goolo Ahp / Yup / Dull Ryo Cha Gi	Sliding Fron / Side / Round House Kicks
Pahkeso Ahnuro Cha Gi / Yup Podo Cha Gi	Outside / Inside Defensive kick / Side kick
Du Bal Dull Ryo Cha Gi	Leaping Round House Kick with Fake
Dwi Oh Ahp Cha Nut Gi	Leaping Front Kick – NO FAKE

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

Yeon Seo Cha Gi:

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

2. HYUNG

Pyung Ahn Cho Dan
Pyong Ahn E Dan

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

3. IL SOO SIK DEH RYUN

Standardized Techniques - All previous techniques (#1 - #6) ***plus***
#7 - Chil Bon and **#8 - Pol Bon**
New Techniques Demonstrated – 2-4 of student's choice

5th Gup Testing Requirements - Continued

4. HOL SIN SOOL
Cross Hand Wrist Grips: Standardized Techniques #1 - #3
Same Side Wrist Grip: Standardized Techniques #1 - #3
Defense against unknown attacks
Defense Against Two People Grabbing Simultaneously
5. JUDO
Slap / Roll Falls
Front Leg Sweep
6. JA YA DEH RYUN
Sparring Combinations 1 & 2 from Green Belt Instructional Guide
Free Sparring Matches Against:
Lower Level
Same Level
Higher Level
- PI HAGI:
Dodging Techniques Side, Back, Down, Jumping Up, Jamming In
7. KYUCK PA: (Student will provide boards) -13 and higher will demonstrate with 1"x12"x12" pine wood
Kwon Do Kong Kyuk One Board
Dwi Podo Cha Gi One Board
2 Continuous Feet and 2 Continuous Hands One Board Each
Students Choice
8. CULTURE AND TERMINOLOGY
8 Key Concepts: Yong Gi Courage
Chung Shin Tong Il Concentration
In Neh Endurance
Chung Jik Honesty
Chinese numbers 1-10 (il, ee, sam, sa, o, yuk, chil, pal, gu, ship)
Explain Soo Do Hand Position
Explain The Difference Between Linear and Rotary Techniques
Identify and Explain the Five Requirements of Mental Training
Explain the meaning of *Chil Sung*
Article of Faith # 5: Be Respectful to Elders
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!

ORAL QUESTION

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 (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
THE PROPHET (A) Kahil Gibran
MOVING ZEN (E) C.W. Nicol
ZEN MIND BEGINNERS MIND (E) Susuki

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