

MINIMUM PROMOTION REQUIREMENTS

6TH 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 focus of weapon to target and 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:

Chungle Ssang Soo Mahk Kee	2 Fist Middle Reinforced Block
Ssang Soo Hugul Yup Mahk Kee	Reinforced Side Block, Back Stance
Choong Dan Soo Do Mahk Kee	Middle Knife Hand Block
Kema Ha Dan Mahk Kee	Horse Stance, Low Block
Kema Sang Dan Mahk Kee	Horse Stance, High Block
Kema Ahneso Pahkuro Mahk Kee	Horse Stance, Inside/Outside Block
Kema Pahkeso Ahnuro Mahk Kee	Horse Stance, Outside / Inside Block
Hu Jin Ability to perform all new and previous techniques moving backwards.	

FOOT TECHNIQUES:

Double Ahp Cha Nut Gi	Double Front Snap Kick
Double Yup Podo Cha Gi	Double Side Kick
Double Dull Ryo Cha Gi	Double Round House Kick
Dwi Podo Cha Gi	Back Thrust Kick
Moo Roup Cha Gi	Knee Kick
Pahkeso Ahnuro Cha Gi	Outside / Inside Kick – Offensive app.

COMBINATIONS:

Choong Dan Soo Do Mahk Kee, Tuelo Choong Dan Kong Kyuk
Chungle Sang Soo Mahk Kee, Moo Roup Cha Gi
Ahp Cha Nut Gi, Dull Ryo Cha Gi
Pahkeso Ahnuro Cha Gi, Dwi Podo Cha Gi

Yeon Seo Cha Gi - Continual Kicking With One leg

Ahp Cha Nut Gi, Dull Ryo Cha Gi, Yup Podo Cha Gi

2. HYUNG

Ki Cho Hyung Sam Bu	Basic Form #3
Pyung Ahn Cho Dan	Balanced Confidence Form #1

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

3. IL SOO SIK DEH RYUN (*Students will demonstrate Il Soo Sik with a partner*)

Standardized Techniques - All previous techniques (#1 - #4) **plus**

#5 - Oh Bon and #6 - Yuk Bon (Be sure to know the names of the techniques)

New Techniques Demonstrated (1 personal Il soo sik of student's choice)

6th Gup Testing Requirements – Continued

4. HO SIN SOOL
Cross Hand Wrist Grip: Standardized Techniques #1 - #2
Same Side Wrist Grips: Standardized Techniques #1 - #2
Releases From: Hair Grab, Bear Hug From Behind, Single Lapel Grab
Defense against unknown attacks
5. JUDO
Slap Fall, Roll Fall
6. JA YA DEH RYUN (Free Fighting)
Orange Belt Guide Sparring combinations – Any 2 from book of student’s choice
Free Sparring Matches Against:
Lower Level
Same Level
Higher Level
7. KYUCK PA (breaking) – *Age 13 and higher will demo with 1"x12"x12" pine wood – student can purchase boards from local lumber store*
Yup Podo Cha Gi One Board
Soo Do Kong Kyuk One Board
Pal Koop Kong Kyuk One Board
8. CULTURE AND TERMINOLOGY
8 Key Concepts: Yong Gi Courage
Chung Shin Tong Il Concentration
In Neh Endurance
Gi Cho Basic
Kong Kyuk Attack
Mahk Kee Defense
Cha Ryut Attention
Anh Jo / Chuk Suk Be seated / sit down
Muk Nyum Meditation
Kyung Reh Bow
Hyung Form
Si Jak Begin
Ba Ro Return
Dae Ryun Sparring
Explain Do-Jang Etiquette
Explain the Theory of Mukyum
Article of Faith # 4: Be Cooperative between Brothers and Sisters
5 Moo Do Values: History, Tradition, Discipline/Respect, Philosophy, Technique
***** NOTE: A Written Exam will be handed to student 1 week before the test. The student must present the written test, completed, on the test day**
9. READING (A = all student ages; E = elders – over 16 only)
ORANGE 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 MAKING OF A MARTIAL ARTIST (E) Sang Kyu Shim
ZEN IN THE MARTIAL ARTS (E) Joe Hyams

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