

# MINIMUM PROMOTION REQUIREMENTS

## 7<sup>TH</sup> 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. 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. Basic Soo Bahk Do etiquette and Proper Protocol within the studio (Do Jang)
4. Additional knowledge of basic techniques of SOO BAHK DO

### EXPECTATIONS OF PERFORMANCE

1. Proper Stance and Shi Sun (focus of sight / intent)
2. Proper placement of Elbows in intermediate and completion position for hand techniques
3. Proper placement of knee in chamber position for kicking techniques
4. Proper striking of the weapon in hand and foot techniques

### DEMONSTRATION OF ABILITY

#### 1. KI CHO

##### HAND TECHNIQUES:

Hugul Yup Mahk Kee	Side Block, Back Stance
Hugul Ha Dan Mahk Kee	Low Block, Back Stance
Hugul Sang Dan Mahk Kee	High Block, Back Stance
Hugal Pahkeso Ahnuro Mahk Kee	Outside / Inside block, Back Stance
Wheng Jin Kong Kyuk	Side Punch, Horse Stance
Horizontal Pal Koop Chi Kee	Horizontal Elbow Attack
Tuel Oh Soo Do Kong Kyuk	High Knife Hand strike, reverse

##### FOOT TECHNIQUES:

Ahneso Pahkuro Cha Gi	Inside outside Kick
Dwi Oh Yup Podo Cha Gi	Jumping Side kick (no fake)

##### COMBINATIONS:

Ha Dan Mahk Kee, Tuelo Choong Dan Kong Kyuk  
Sang Dan Mahk Kee, Tuelo Choong Dan Kong Kyuk

#### 2. HYUNG

Ki Cho Hyung Ee Bu	Basic form # 2
Ki Cho Hyung Sam Bu	Basic form # 3

#### 3. SAM SOO SIK DEH RYUN (Three Step Sparring)

#### 4. IL SOO SIK DEH RYUN (One Step Sparring)

All IL Soo Sik performed shadow unless requested different by instructor

Standardized Techniques - All previous techniques (#1 - #2) **plus**

**#3 - Sam Bon and #4 - Sa Bon** (Be sure to know the names of the techniques)

## 7th Gup Testing Requirements - Continued

5. HO SIN SOOL  
Cross Hand Wrist Grip: Standardized Techniques - Il Bon, Ee Bon  
Same Side Wrist Grip: Standardized Technique – Il Bon  
Release From Double Hand Shoulder Grab, Opponents Facing  
Stepping Forward, hands up in middle, push off  
\* All Lower Rank Techniques Can Be Requested
6. JUDO  
Demonstrate: Slap Falling, Roll Falling
7. JA YU DAE RYUN (Sparring)  
White Belt combinations – any 2  
Free Sparring
8. KYUK PA (Breaking) - 13 and higher will demonstrate with 1"x12"x12" pine wood – student can purchase at local lumber store  
Ahp Cha Nut Gi - One Board  
Chang Kwon – One Board

9. CULTURE AND TERMINOLOGY

Kyo Sa Nim	Certified Instructor
Sa Bom Nim	Certified Master Instructor
Hu Beh	Juniors
Sun Beh	Seniors
Gi Cho	Basics
Hyung	Form
Si Jok	Begin
E Sang	Finish
Kalyo	Break (stop)
Kyuk Pa	Breaking
Ja Ya Deh Ryun	Fighting
8 Key Concepts:	Courage
Yong Gi	Concentration
Chung Shin Tong Il	

Article of Faith # 3: Be Loving to one's Husband or Wife

5 Moo Do Values: History, Tradition, Discipline/Respect, Philosophy, Technique

Count from One to Ten in Korean:

Hana, Dool, Set, Net, Da Sot, Yuh Sot, Il Gop, Yo Dull, Ah Hope, Yohl

### ORAL QUESTIONS

Who Created the Ki Cho Hyungs?

When Were They Created?

Where Were They Created?

10. READING

ORANGE BELT INSTRUCTIONAL GUIDE  
GUP MANUAL

Grandmaster Hwang Kee / H.C. Hwang  
U.S. Soo Bahk Do Moo Duk Kwan Fed. Inc.

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