

MINIMUM PROMOTION REQUIREMENTS

8TH 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. Previous Requirement sheet

GENERAL KNOWLEDGE

1. Conceptual knowledge of all lower rank techniques
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. BASIC MOVEMENT (KI CHO)

HAND TECHNIQUES:

Tuelo Choong Dan Kong Kyuk
Kap Kwon **Chungle** Ja Seh
Sang Dan Soo Do Kong Kyuk
Kwondo Kong Kyuk
Soo Do Mahk Kee **Chungle** Ja Seh

Reverse Middle Punch
Back Fist **Front** Stance
High Knife Hand Attack
Hammer Fist Attack
Knife Hand Block, Front Stance

FOOT TECHNIQUES:

Yup Podo Cha Gi
Dubal Ahp Cha Nut Gi

Side Kick
Jumping Front Kick with Fake

2. HYUNG

Ki Cho Hyung Ee Bu
Ki Cho Hyung Il Bu

Basic form # 2
Basic form #1

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 differently by instructor
Standardized techniques #1-Il Bon, #2-Ee Bon

5. HO SIN SOOL

Cross Hand Wrist Grip: Standardized Techniques - Il Bon
Same Side Wrist Grip: Standardized Techniques – Il Bon
Double Shoulder Grab From Behind: Reinforced Forearm Spin
All Lower Rank Techniques

8th Gup Testing Requirements - Continued

6. SPARRING

White Belt combinations - #1- #2

7. CULTURE AND TERMINOLOGY

Do Jang	Training Hall
Cha Bo Ja	Beginning Student
Yo Gup Ja	Advanced Student
Yo Dan Ja Nim	Beginning Dan (1 st – 3 rd degree)
Ko Dan Ja Nim	Advanced Dan (4 th and higher degree)
Jo Kyo Nim	Certified Instructors assistant
Kyo Sa Nim	Certified Instructor
Sa Bom Nim	Certified Master Instructor
Kwan Jang Nim	Grandmaster
8 Key Concepts: Yong Gi	Courage
Article of Faith # 2:	Be obedient to one's parents

ORAL QUESTIONS

Explain KI HAP

Vocal release which surprises and shocks opponent. Increases power naturally, Builds Energy!

Protects your body, helps you control fear

What is the U.S. SOO BAHK DO MOO DUK KWAN FEDERATION?

How does it affect you?

8. READING REQUIREMENTS

WHITE 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.