

MINIMUM PROMOTION REQUIREMENTS – Martial Virtues Acad. of Soo Bahk Do

EE DAN

GENERAL REQUIREMENTS

1. Must be a member in good standing of the Korean Soo Bahk Do Association, Moo Duk Kwan and the U.S. Soo Bahk Do Moo Duk Kwan Federation, Inc.
2. Must be a student of a Sa Bom/Kyo Sa in good standing with the US Soo Bahk Do Moo Duk Kwan Federation, Inc.
3. Minimum of 2 years of active training and membership since Cho Dan promotion
4. Loyalty to the Moo Duk Kwan through your Instructor
5. Sound Moral Character
6. Must be recommended by their Sa Bom / Kyo Sa
7. Regular Weekly *Dojang* attendance
8. Contribution in service to the Korean Soo Bahk Do Association, Moo Duk Kwan or U.S. Soo Bahk Do Moo Duk Kwan Fed. Inc.
9. Must have minimum required evaluations by the Regional Examiner or his/her designee.
10. Good record of participation in clinics and other activities conducted on Studio, Regional, National, and International levels, under the guidance of the T.A.C. (Minimum of 6 regional / national participation points since *Cho Dan* test, at least 3 in year leading to *Ee Dan* Test)

GENERAL KNOWLEDGE

1. Good knowledge of and ability in all lower rank requirements.
2. Ability to explain history, culture, and techniques of the Soo Bahk Do Moo Duk Kwan, from a philosophical and scientific perspective.
3. General knowledge of the information in all books written by Kwan Jang Nim Hwang Kee.

DEMONSTRATION OF ABILITY

1. KI CHO

***Standardized Drilling sheet – *Ee Dan* Section

Standardized Ki Cho - Il Bon:

Hwak Kuk – Il Bon (Seize / Smash)	Kwon Do & Kap Kwon demonstrations
Do Mahl Sik-II Bon (paint, smear)	Du Mun application
Ta Ko Sik-II Bon (beating, Drumming)	Chil Sung application
Po Wool Seh – Il Bon (embracing)	Chil Sung application
Yo Sik – Il Bon (Shake)	Double Yuk Soo Do application

SOO GI: ** All basics and combinations ARE required

JOK GI: ** All previous single and combination kicks (ground, gliding, spinning, du bal and dwi oh)
Sung Bal Ahp Cha Nut Gi Simultaneous double jumping front kick

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

YEON SEO CHA GI: All Previous

FOCUS KICKING:

Ability to perform all kicks to proper target on a partner at full speed with maximum 1” distance

2. HYUNG

Chil Sung Il Ro	Du Mun (Yuk Ro Cho Dan)
Jin Do	Nai Hanji Ee Dan
Tonto Hyung	

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

3. IN NEH (Endurance)

Candidate will be required to demonstrate AHP CHA NUT GI, with proper form and power, for 60 second time period (30 seconds per leg).

4. IL SOO SIK DEH RYUN / SAM SOO SIK

Standardized Techniques (Il Soo) - #1 - #18, Standardized techniques (Sam Soo) #1-#5

Personal Theme and Application of Standardize Il Soo Sik #1-#8

10 Personal Il Soo Sik of student's choice (utilizing new techniques, techniques from Hyung, etc.)

Sam Soo Sik: 4 Personal Technique Demonstrations of Partner connection (slow and fast)

Defense against unknown attacks

E Dan Testing Requirements – Continued

5. HO SIN SOOL

All Standardized Cross (4) and Same (4) side lower sleeve grips

All Standardized 1 and 2-handed wrist grips (cross, same, 2on2, 2on1, side, behind)

Techniques will be called in any random order

Reversals / Aborts – demonstrate 1 reversal from each category - cross, same, 2on1, 2on2, etc.

Defense against unknown attacks

6. TONTO DEFENSE (knife)

5 standardized techniques

5 of student's choice

Unknown attacks

7. JA YA DEH RYUN

3 Free Sparring Matches

Lower Level

Same Level

Higher Level

2 Matches Fighting from Floor (1 match up and 1 match down)

3 ten second drills fighting against two attackers / 1 thirty second match against two attackers

Tonto Dae Ryun – sparring against attacker with a knife

8. KYUCK PA: (Students will provide all breaking materials)

Sung Bal Ahp Cha Nut Gi

Two Boards each foot

Du Bal Chirumyo Cha Gi

Two Boards Each

Hyung – Demonstrate any required *hyung* with a minimum of five breaking stations

9. CULTURE AND TERMINOLOGY

Refer to questions in the DAN manual

Lineage

History of Soo Bahk Do (Local *DoJang*, Regional, National, International)

Organizational Structure of US Soo Bahk Do Moo Duk Kwan Fed

TAC, SAC, Board of Directors, Regional Examiners, etc.

History and style of all current and past *hyungs*

Moo Pal Dan Kum

Motivation for name of *Chil Sung hyungs*

Meaning of *Neh Ga Ryu* and *Weh Ga Ryu*

Meaning of *Ryu Pa*

Identify why each of the 8 key concepts are important to you in Soo Bahk Do

WRITTEN TEST – “What does your Dan Bon mean to you and how does it relate to the Moo Duk Kwan and its discipline?” **must be completed 60 days before test**

1000 – 2000 words, typed, double spaced

10. READING

SOO BAHK DO MOO DUK KWAN volumes I & II

Grandmaster Hwang Kee

ALL GUP INSTRUCTIONAL GUIDES

Grandmaster Hwang Kee / H.C. Hwang

GUP / DAN MANUALS

U.S. SBD MDK FED. INC.

HISTORY OF THE MOO DUK KWAN

Grandmaster Hwang Kee