

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	Reverse Middle Punch
Tuelo Sang Dan Kong Kyuk	Reverse High Punch
Kap Kwon Chungle Ja Seh	Back Fist Front Stance
Sang Dan Soo Do Kong Kyuk	High Knife Hand Attack
Tuelo Sang Dan Soo Do Kong Kyuk	Reverse High Knife Hand Attack
Kwondo Kong Kyuk	Hammer Fist Attack
Tuelo Kwondo Kong Kyuk	Reverse Hammer Fist Attack
Soo Do Mahk Kee Chungle Ja Seh	Knife Hand Block, Front Stance
Soo Do Mahk Kee Kema Ja Seh	Knife Hand Block, Horse Stance

FOOT TECHNIQUES:

Yup Cha Gi	Front Side Kick
Goolo Yup Cha Gi	Sliding Front Side Kick
Goolo Yup Podo Cha Gi	Sliding Side Kick
Dubal Ahp Cha Nut Gi	Jumping Front Kick with Fake

2. HYUNG

Ki Cho Hyung Ee Bu	Basic form # 2
Ki Cho Hyung Il Bu	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, #3-Sam Bon, #4-Sa Bon

5. HO SIN SOOL

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

8th Gup Testing Requirements - Continued

6. SPARRING

White Belt combinations - #3 - #5

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

SOO BAHK DO MOO DUK KWAN

GRANDMASTER HWANG KEE

WHITE BELT INSTRUCTIONAL GUIDE

Grandmaster Hwang Kee / H.C. Hwang

GUP MANUAL

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.