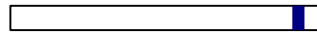


# MINIMUM PROMOTION REQUIREMENTS

## 9<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 Do Jang attendance

### GENERAL KNOWLEDGE

1. Conceptual knowledge of basic technique
2. Proper protocol and etiquette within the studio (Do Jang)
3. Elementary Soo Bahk Do terminology

### 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:

Ha Dan Mahk Kee

Choong Dan Kong Kyuk

Sang Dan Mahk Kee

Sang Dan Kong Kyuk

Ahneso Pahkuro Mahk Kee

Pahkeso Ahnuro Mahk Kee

Chang Kwon

Low Block

Middle Punch

High Block

High Punch

Inside/Outside Block

Outside/Inside Block

Palm Heel Strike

##### FOOT TECHNIQUES:

Ahp Cha Nut Gi

Yup Podo Cha Gi

Dull Ryo Cha Gi

Front Snap Kick

Side Kick

Round House Kick

#### 2. **FORM (HYUNG)**

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)

Standardized techniques #1-II Bon, #2-E Bon

#### 5. **HO SIN SOOL** (Self defense)

Cross wrist grip – Standardized #1

#### 6. **SPARRING**

White Belt Guide combinations – 1 and 2

#### 7. Specific knowledge of CULTURE AND TERMINOLOGY

Name of Art you are studying?

*Soo Bahk Do*

Name of style or organization?

*Moo Duk Kwan*

Name of founder of our style?

Grand Master *Hwang Kee*

Name of the Grand Master?

Grand Master *H.C. Hwang*

Korean name for **training hall**?

*Do Jang*

Korean name for **uniform**?

*Do Bok*

Korean name for **courage**

*Yong Gi*

Korean phrase for **Thank You**?

*Kohm Sam Ni Dah*

Article of Faith # 1:

Be loyal to one's country

#### 8. **READING**

WHITE BELT INSTRUCTIONAL GUIDE

Grandmaster Hwang Kee / H.C. Hwang

GIIP MANTAI

U.S. Soo Bahk Do Moo Duk Kwan Fed. Inc.

## Gi Cho Hyung Il Bu

1) LOOK to your left  
 Low BLOCK with your Left Hand (left foot step)  
 PUNCH (step) with your Right Hand

2) Pull right hand away (retract)  
 Turn (180) and LOOK over right shoulder  
 Low BLOCK with your Right hand  
 PUNCH (step) with your Left hand

3) Pull left hand away (retract)  
 Turn (90) and LOOK over Left shoulder  
 Low BLOCK with your Left hand  
 PUNCH (step) with your Right hand  
 PUNCH (step) with your Left hand  
 PUNCH (step) with your Right hand – Ki Yap!

4) Pull LEFT foot forward to balance position  
 Turn (135) and LOOK over Left shoulder (chambered arm)  
 Low BLOCK with your Left hand (left foot step)  
 PUNCH (step) with your Right hand

5) Pull right hand away (retract)  
 Turn (180) and LOOK over right shoulder  
 Low BLOCK with your Right hand  
 PUNCH (step) with your Left hand

6) Pull left hand away (retract)  
 Turn (90) and LOOK over Left shoulder  
 Low BLOCK with your Left hand  
 PUNCH (step) with your Right hand  
 PUNCH (step) with your Left hand  
 PUNCH (step) with your Right hand – Ki Yap!

7) Pull LEFT foot forward to balance position  
 Turn (135) and LOOK over Left shoulder (chambered arm)  
 Low BLOCK with your Left hand (left foot step)  
 PUNCH (step) with your Right hand

8) Pull right hand away (retract)  
 Turn (180) and LOOK over right shoulder  
 Low BLOCK with your Right hand  
 PUNCH (step) with your Left hand

LOOK (90) to front (Left)  
 Step BACK with Left foot to Choon Be

