

# MINIMUM PROMOTION REQUIREMENTS

## 2<sup>nd</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. REGULAR training outside of formal class
6. SERVICE TO DOJANG OR FEDERATION – *Student should Assist with one White/Orange belt class per week*
7. All previous requirement sheets

### GENERAL KNOWLEDGE

1. Conceptual knowledge of all lower rank techniques and requirement sheets
2. Korean SOO BAHK DO terminology, etiquette and further development of Moo Duk Kwan attitudes and spirit.
3. Philosophy and History of SOO BAHK DO MOO DUK KWAN
4. Development of a **Leadership role** and responsibilities in the Do Jang

### EXPECTATIONS OF PERFORMANCE

1. Proper Distance Control
2. Demonstration of Proper Intent (Moo Do Shim Gung) during physical demonstration
3. Proper respect to Senior and Junior members
4. Proper acceleration of movement to maximum force
5. Demonstration of Proper Ceremony during Il Soo Sik and Ho Sin Sul

### DEMONSTRATION OF ABILITY

1. KI CHO - SOO GI: \*\*\* Emphasis on Tuelo Defensive and Offensive Techniques, and Hu Jin \*\*\*

Hwak Kuk (Jang Kwon Do / Kap Kwon)	ex. jang kwon do – t/o jang kwon do - kwon do
Do Mahl Sik-Part A (paint, smear)	Choong dan soo do / 2 presses from Du Moon
Ta Ko Sik-Part A (beating, Drumming)	Last 3 techniques of Chil Sung Sam Ro
He Cho Mahk Kee	Spread Block
Jip Kye Son	Plier Hand Attack
Yoo Kwon	Soft Fist
Noo Lu Mahk Kee	Pressing Block
Il Chee Kwon	Fore Knuckle Attack
Ee Chee Kwon Soo	Two-Finger Attack
Chi Chigi Kong Kyuk	Upper Cut, Back Stance

Simultaneous Hand Techniques:

Sang Dan Mahk Kee - Tuelo Chi Chigi Kong Kyuk

Sang Dan Mahk Kee - Tuelo Sang Dan Kong Kyuk

Ha Dan Soo Do Mahk Kee - Sang Dan Yuk Soo Do Mahk Kee - Behind Head

JOK GI: \*\*\* All single leaping and fake jumping kicks required. \*\*\*

Du Bal Dwi Podo Cha Gi	Jump Spinning Back Kick with Fake
Du Bal Ahneso / Pahkeso Cha Gi	Flying Inside Outside / Outside Inside Kick
Du Bal Pahkeso / Pahkeso Cha Gi	Flying Outside Inside / Outside Inside Kick
Dwi Oh Dwi Dull Ryo Ahneso / Pahkeso	Tornado Kick

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

Continuous hand combination sequence – (5 - 10 techniques or length of floor)

Continuous foot combination sequence – (5-10 techniques or length of floor)

Continuous hand/foot combination sequence (5-10 techniques or length of floor)

YEON SEO CHA GI:

All Previous

Three of students choice

2. HYUNG

Chil Sung Sam Ro

Chil Sung Il Ro

Chil Sung Ee Ro

Passai

Pyung Ahn O Dan

Pyung Ahn #1 - 4

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

## 2nd Gup Testing Requirements - Continued

3. IL SOO SIK DEH RYUN  
Standardized Techniques - All previous techniques (#1 - #12) *plus*  
**#13 - Sip Sam Bon, #14 - Sip Sa Bon, #15 - Sip Oh Bon, #16 - Sip Yuk Bon**  
New Techniques Demonstrated / Creative personals – 8 of student's choice  
Defense against unknown attacks
4. HO SIN SOOL  
Cross Hand Wrist Grips: Standardized Techniques #1 - #4  
Same Side Wrist Grip: Standardized Techniques #1 - #4  
Two Hands grabbing one wrist: Standardized Techniques #1 - #3  
Two Hands grabbing two wrists: Standardized Techniques #1 - #4  
Side wrist grips Standardized Techniques #1 - #2  
Defense against unknown attacks
5. JA YU DEH RYUN  
Sparring Combinations 1 - 3 from Red Belt Instructional Guide  
Lower Level, Same Level, Higher Level  
1 Match Fighting From Floor
6. KYUCK PA: (Student will provide all breaking materials) - *13 and higher will demonstrate with 1" x12" x12" pine wood*  
Soo Do Kong Kyuk One Board - Speed Break  
Yuk Soo Do Kong Kyuk One Board  
Dwi Hu Ri Gi One Board  
Dwi Oh Dwi Podo Cha Gi Two Boards  
Dwi Oh Yup Podo Cha Gi - Jumping over Students Two Boards  
Chang Kwan One or Two (with spacers) Patio Tiles
7. CULTURE AND TERMINOLOGY  
Explain the Hierarchy of the US Soo Bahk Do Moo Duk Kwan Federation  
Explain Why a Proper Diet is Important  
Explain the Theory of UM YANG (Yin / Yang)  
Ability to Explain any of the 8 Key Concepts  
Explain MU-SHIM  
Explain Motivation  
Explain the Theory of Immovable Elbow / Unbendable Arm  
Articles of Faith 1-7, *plus* #8 – **Face combat only in justice and with honor, #9 – Never retreat in battle**  
5 Moo Do Values: History, Tradition, Discipline/ Respect, Philosophy, Technique  
**WRITTEN TEST - to be handed out 1 week prior to testing and returned on test day!**  
**\*\*\* Also include typewritten Ki Cho combinations, Yeon Seo cha gi and Il Soo Sik**
8. READING (A = all student ages; E = elders – over 16 only)  
SOO BAHK DO MOO DUK KWAN (A) GRANDMASTER HWANG KEE  
RED BELT INSTRUCTIONAL GUIDE (A) Grandmaster Hwang Kee / H.C. Hwang  
GUP MANUAL (A) U.S. Soo Bahk Do Moo Duk Kwan Fed. Inc.  
JONATHAN LIVINGSTON SEAGULL (A) Richard Bach- Read it again for the First time!  
THE ZEN WAY TO THE MARTAIL ARTS (E) Taisen Deshimary  
THE MAKING OF A MARTIAL ARTIST (E) Sang Kyu Shim  
WAY OF THE PEACEFUL WARRIOR (A) Dan Millman

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

Revised: March 22, 2010