

# MINIMUM PROMOTION REQUIREMENTS

## 3<sup>RD</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. 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
7. All previous requirement sheets
8. Development of a *Leadership role* and responsibilities in the Do Jang

### 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

### EXPECTATIONS OF PERFORMANCE

1. Proper Ki Hap, SPIRIT, Shi Sun and Moo Do Jaseh
2. Proper Weapon Discipline
3. Proper respect to Senior and Junior members
4. Proper process of 'Chain of Command' in Hand/Foot techniques
5. Proper demonstration of 8 Key Concepts

### DEMONSTRATION OF ABILITY

#### 1. KI CHO – SOO GI:

Hwak Kuk (Jang Kwon Do / Kap Kwon)	Sieze/Smash (long-double hammer / back fist)
Sin Mok Dyung Mahk Kee	Bent Wrist Block (Chungle, Hugul, Kema)
Tuelo Sin Mok Dyung Mahk Kee	Reverse Bent Wrist Block
Tuelo Hugul Pakheso Mahk Kee	Reverse Outside Inside Block, Back Stance
Yuk Soo Do Mahk Kee	Reverse Knife Hand Block
Twichibo Chiruki	Simultaneous Upper Cuts Punch
Bal Baja Mahk Kee	2 hand capture block – cross-leg stance

**Hu Jin** Ability to perform all new and previous techniques moving backwards.

#### JOK GI:

Dwi Yup Hu Ri Gi / Kilge Cha Gi	Long Back Spinning Kick
Du Bal Twit Cha Gi	Flying Back Kick with Eye Contact
Du Bal Pakheso Ahnuro Cha Gi	Flying Outside Inside Kick
Dwi Oh Ahneso Pakhuro Cha Gi	Leaping Inside Outside Kick
Dwi Oh Dwi Ahneso Pakhuro Cha Gi	Flying Short Spinning Inside Outside Kick
Ahp Me Roup Cha Gi	Front Push Kick / Jamming Kick
Pandal Cha Gi	45 Degree Round House Kick / Blocking kick

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

- 2 hand combinations (3 or more techniques) of student's choice
- 2 foot combinations (3 or more techniques) of students choice
- 2 hand/foot combinations (3 or more techniques) of student's choice

#### YEON SEO CHA GI:

All previous plus **Two of students choice.**

#### 2. HYUNG

Chil Sung Sam Ro (1 <sup>st</sup> half)	Chil Sung Il Ro	Chil Sung E Ro
Pyung Ahn Sa Dan	Pyung Ahn 1-3	

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

#### 3. IL SOO SIK DEH RYUN

Standardized Techniques - All previous techniques (#1 - #10) *plus*

**#11 - Sip Il Bon, #12 - Sip Ee Bon, #13 – Sip Sam Bon, #14 – Sip Sa Bon**

New Techniques Demonstrated / Creative personals – 7 of student's choice

Defense against unknown attacks

### 3rd Gup Testing Requirements - Continued

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 - #2 |
| Defense against unknown attacks |                                 |
5. JUDO
- \* All Previous techniques
6. JA YA DEH RYUN
- All Sparring Combinations from Green Belt Instructional Guide
- 2 Minute Matches:
- 1 Against Lower Level
  - 2 Against Same Level
  - 1 Against Higher Level
- PI HAGI: Dodging Techniques - Examiners Choice
7. KYUCK PA: (Student will provide all breaking materials) - *13 and higher will demonstrate with 1"x12"x12" pine wood*
- |                              |                                |
|------------------------------|--------------------------------|
| Choong Dan Kong Kyuk / Tuelo | One Board                      |
| E-Dan Dull Ryo Cha Gi        | One Board                      |
| Dwi Yup Hu Ri Gi             | One Board Suspended            |
| Dwi Oh Dwi Podo Cha Gi       | One Board                      |
| Ahp Me Roup Cha Gi           | Two Board                      |
| Yup Podo Cha Gi              | Two Boards                     |
| Chang Kwon                   | One Patio Tile (age 15 and up) |
8. CULTURE AND TERMINOLOGY
- 8 Key Concepts: Yong Gi – Courage, Chung Shin Tong II – Concentration, In Neh - Endurance**  
**Chung Jik – Honesty, Kyum Son – Humility, Wan Gup - Speed control**  
**Shin Chook - Tension Relaxation, Him Cho Chung - Control of Power**
- Articles of Faith 1-6 **plus # 7: Be Faithful to Friends**
- Explain **SON SOK MEE**
- What is the History of the Moo Duk Kwan?
- Explain **PYONG AHN**
- Explain Work - Reference the book THE PROPHET
- What are the Responsibilities of BE-ing a **RED** Belt?
- What are the benefits of E-Dan Cha Gi techniques?
- 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 type-written Ki Cho combinations, Yeon Seo cha gi and Il Soo Sik**
- \* All current or past culture and terminology can be requested
9. READING (A = all student ages; E = elders – over 16 only)
- |   |   |
|---|---|
| SOO BAHK DO MOO DUK KWAN Vol 1 ( <u>A</u> ) | GRANDMASTER HWANG KEE                           |
| GREEN BELT INSTRUCTIONAL GUIDE ( <u>A</u> ) | Grandmaster Hwang Kee / H.C. Hwang              |
| GUP MANUAL ( <u>A</u> )                     | U.S. Soo Bahk Do Moo Duk Kwan Fed. Inc.         |
| JONATHAN LIVINGSTON SEAGULL ( <u>A</u> )    | Richard Bach- Read it again for the First time! |
| THE PROPHET ( <u>A</u> )                    | Kahil Gibran                                    |

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