

# MINIMUM PROMOTION REQUIREMENTS

## 5<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 DOJANG ATTENDANCE
5. REGULAR training outside of formal class
6. All Previous Requirement Sheets

### GENERAL KNOWLEDGE

1. Conceptual knowledge of all lower rank techniques and requirement sheets
2. UNDERSTANDING OF MOO DUK KWAN SPIRIT BY DEMONSTRATED ATTITUDES
3. Additional knowledge of basic techniques of SOO BAHK DO

### 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 Wan Gup (Speed Control)

### DEMONSTRATION OF ABILITY

#### 1. KI CHO

##### HAND TECHNIQUES:

Tuelo Ha Dan Mahk Kee	Reverse Low Block
Tuelo Sang Dan Mahk Kee	Reverse High Block
Tuelo Ahneso Pahkuro Mahk Kee	Reverse Inside Outside Block
Tuelo Pahkeso Ahnuro Mahk Kee	Reverse Outside Inside Block
Il Chee Kwon Soo	One Finger Attack
Hugul Ssang Soo Ha Dan Mahk Kee	Reinforced Low Block, Back Stance
Hugul Ssang Soo Ahneso Pahkuro Mahk Kee	Reinforced Middle Block, Back Stance
Ssang Soo Ha Dan Mahk Kee	Low X Block
Ssang Soo Sang Dan Mahk Kee	High X Block

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

##### FOOT TECHNIQUES:

Dwi Ahneso Pahkuro Cha Gi	Short Back Spinning Kick
Goolo Dull Ryo Cha Gi	Sliding Round House Kick
Twit Cha Gi	Back Kick Watching Opponent
Chit Pal Gi	Stomp Kick

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

2 hand combinations (2 or more techniques) of student's choice

2 foot combinations (2 or more techniques) of students choice

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

##### Yeon Seo Cha Gi:

1. Yup Podo Cha Gi, Dull Ryo Cha Gi, Ahp Cha Nut Gi
2. Pahkeso Ahnuro Cha Gi, Ahneso Pahkuro Cha Gi, Dull Ryo Cha Gi
3. Ahp Cha Nut Gi, Yup Podo Cha Gi, Dull Ryo Cha Gi

#### 2. HYUNG

Chil Sung E Ro (Ki Cho Hyungs 1-3)

Pyong Ahn E Dan (Pyung Ahn Cho Dan)

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

#### 3. IL SOO SIK DEH RYUN

Standardized Techniques - All previous techniques (#1 - #6) **plus**

**#7 - Chil Bon** and **#8 - Pol Bon**

New Techniques Demonstrated – 5 of student's choice

## 5th Gup Testing Requirements - Continued

4. **HOL SIN SOOL**  
 Cross Hand Wrist Grips: Standardized Techniques #1 - #4  
 Same Side Wrist Grip: Standardized Techniques #1 - #4  
 Defense against unknown attacks  
 Defense Against Two People Grabbing Simultaneously - Demonstrate 4 Variations
5. **JUDO**  
 ‘Gravity Drop’
6. **JA YA DEH RYUN**  
 Sparring Combinations 1 & 2 from Green Belt Instructional Guide  
 Matches Against:  
     Lower Level  
     Same Level  
     Higher Level
- PI HAGI:**  
     Dodging Techniques                      Side, Back, Down, Jumping Up, Jamming In
7. **KYUCK PA: (Student will provide boards) -13 and higher will demonstrate with 1"x12"x12" pine wood**  
 Kwon Do Kong Kyuk                      One Board  
 Dwi Podo Cha Gi                          One Board  
 2 Continuous Feet                        One Board Each  
     Students Choice
8. **CULTURE AND TERMINOLOGY**  
 8 Key Concepts:      Yong Gi                      Courage  
                                  Chung Shin Tong Il      Concentration  
                                  In Neh                      Endurance  
                                  Chung Jik                   Honesty  
 Chinese numbers 1-10 (il, ee, sam, sa, o, yuk, chil, pal, gu, ship)  
 Explain Soo Do Hand Position  
 Explain The Difference Between Linear and Rotary Techniques  
 Identify and Explain the Five Requirements of Mental Training  
 Explain the meaning of *Chil Sung*  
 Article of Faith # 5:      Be Respectful to Elders  
 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!**

### ORAL QUESTION

Any current or past culture and terminology can be requested. This includes items covered in previous requirement sheets as well as topics discussed in class.

9. **READING (A = all student ages; E = elders – over 16 only)**
- |                                    |   |
|------------------------------------|---|
| SOO BAHK DO MOO DUK KWAN (A)       | GRANDMASTER HWANG KEE                   |
| GREEN 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                            |
| THE PROPHET (A)                    | Kahil Gibran                            |
| MOVING ZEN (E)                     | C.W. Nicol                              |
| ZEN MIND BEGINNERS MIND (E)        | Susuki                                  |

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