

MINIMUM PROMOTION REQUIREMENTS – Martial Virtues Soo Bahk Do CHO DAN

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. Must be recommended by their Sa Bom / Kyo Sa.
5. REGULAR WEEKLY DOJANG ATTENDANCE.
6. Contribution in service to the Korean Soo Bahk Do Association, Moo Duk Kwan or U.S. Soo Bahk Do Moo Duk Kwan Fed. Inc.
7. Must have minimum required evaluations by the Regional Examiner or his/her designee.
8. All previous requirement sheets

GENERAL KNOWLEDGE

1. Good conceptual knowledge of all lower rank techniques and requirements.
2. Korean SOO BAHK DO terminology, etiquette and further development of Moo Duk Kwan attitudes and spirit.
3. Assistance in teaching and class responsibility with ability to conduct formal class with approval of certified Sa Bom/Kyo Sa
4. Ability to explain the relationship between forms and mental discipline.
5. General knowledge of Kwan Jang Nim Hwang Kee's Volume I textbook.

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

Standardized Drilling sheet

Hwak Kuk (Jang Kwon Do / Kap Kwon)

Do Mahl Sik-Part A (paint, smear)

Ta Ko Sik-Part A (beating, Drumming)

Po Wool Seh – Part A (embracing)

Yo Sik – Part A (Shake)

ex. jang kwon do – t/o jang kwon do - kwon do

Choong dan soo do / 2 presses from Du Moon

Last 3 techniques of Chil Sung Sam Ro

45 degree open – embrace moon (also chil sung 1 open)

Double yuk soo do M/K – yo sik block – t/o Choong dan k/k

SOO GI: ** All basics and combinations ARE required with emphasis on Hu Jin (singly and combinations)

JOK GI: ** All previous single and combination kicks (ground, gliding, spinning, du bal and dwi oh)

Du Bal Chirumyo Cha Gi

Simultaneous Side Kick and High Punch

Sang Bal Ahp Cha Nut Gi

Double simultaneous front kicks

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

Continuous hand combination sequence – (12-15 techniques or length of floor)

Continuous foot combination sequence – (12-15 techniques or length of floor)

Continuous hand/foot combination sequence (12-15 techniques or length of floor)

Continuous jumping combination sequence – (12-15 techniques or length of floor)

YEON SEO CHA GI:

2. HYUNG

Ki Cho Hyung Sam Bu

Du Moon – (Yuk Ro Cho Dan)

Chil Sung Sam Ro

Chil Sung Il Ro

Passai

Nai Han Ji Cho Dan

3. IN NEH (Endurance)

Candidate will demonstrate Pahl Put Ki (horse stance punching) minimum of 120 repetitions, with focus on power, speed, and proper direction of hip, within 60 second time period.

4. IL SOO SIK DEH RYUN

Standardized Techniques - All previous techniques (#1 - #18)

10 of student's choice (utilizing new techniques, techniques from Hyung, etc.)

Defense against unknown attacks

Cho Dan Testing Requirements - Continued

5. HO SIN SOOL

All Standardized 1 and 2-handed wrist grips (cross, same, 2-on-2, 2-on-1, side, behind)

Techniques will be called in any random order

Defense against unknown attacks

6. JA YA DEH RYUN

All Sparring Combinations from Red Belt Instructional Guide

3 Matches

Lower Level

Same Level

Higher Level

2 Matches Fighting From Floor (1 match up and 1 match down)

3 ten second drills fighting against TWO attackers

STANDARDIZED JA YA DEH RYUN SEQUENCE - #1 - #6

7. KYUCK PA: (Students will provide all breaking materials)

Dwi Oh Dwi Podo Cha Gi

Three Boards

Goolo Yup Podo Cha Gi

Two - Three Boards

Chirumyo Cha Go (ground or Du Bal)

One Board Each

Continuous Breaking Sequence (unknown)

3 stations – One board each

Chang Kwan

One – Three (with spacers) Patio Tiles

Hyung – Demonstrate any required hyung with a minimum of five breaking stations

8. CULTURE AND TERMINOLOGY

Refer to questions in the GUP manual

Lineage

History of Soo Bahk Do

History of Soo Bahk Do in Region 7

Organizational Structure of US Soo Bahk Do Moo Duk Kwan Fed

TAC, SAC, Hu Kyun In. Board of Directors, Regional Examiners, etc.

History and style of all current and past hyungs

Moo Pal Dan Kum

Explain Motivation

Explain the Theory of Immovable Elbow / Unbendable Arm

10 Articles of Faith on Mental Training

Identify why each of the 8 key concepts are important in Soo Bahk Do

Complete the Federation Study Guide to Soo Bahk Do Textbook – Volume I

WRITTEN TEST – “What Soo Bahk Do Means to Me” must be completed 30 days before test

Minimum of 1000 words, typed, double spaced

Also include type-written Ki Cho combinations, Yeon Seo cha gi, Il Soo Sik and all applications

10. READING

SOO BAHK DO MOO DUK KWAN volume I

Grandmaster Hwang Kee

SOO BAHK DO MOO DUK KWAN volume II

Grandmaster Hwang Kee

RED BELT INSTRUCTIONAL GUIDE

Grandmaster Hwang Kee / H.C. Hwang

HISTORY OF THE MOO DUK KWAN

Grandmaster Hwang Kee

GUP MANUAL

U.S. SBD MDK FED. INC.

JONATHAN LIVINGSTON SEAGULL

Richard Bach

THE ZEN WAY TO THE MARTAIL ARTS

Taisen Deshimary

WAY OF THE PEACEFUL WARRIOR

Dan Millman