

MINIMUM PROMOTION REQUIREMENTS – Martial Virtues Academy of Soo Bahk Do

E DAN

GENERAL REQUIREMENTS

1. Must be a member in good standing of the Korean Soo Bahk Do Association, Moo Duk Kwan and the U.S. Soo Bahk Do Moo Duk Kwan Federation, Inc.
2. Must be a student of a Sa Bom/Kyo Sa in good standing with the US Soo Bahk Do Moo Duk Kwan Federation, Inc.
3. Minimum of 2 years of active training and membership since Cho Dan promotion.
4. Loyalty to the Moo Duk Kwan through your Instructor.
5. Sound Moral Character
6. Must be recommended by their Sa Bom / Kyo Sa.
7. REGULAR WEEKLY DOJANG ATTENDANCE.
8. Contribution in service to the Korean Soo Bahk Do Association, Moo Duk Kwan or U.S. Soo Bahk Do Moo Duk Kwan Fed. Inc.
9. Must have minimum required evaluations by the Regional Examiner or his/her designee.
10. Good record of participation in clinics and other activities conducted on Studio, Regional, National, and International levels, under the guidance of the T.A.C.
11. Assist with Teaching Responsibilities at Martial Virtues Academy of Soo Bahk Do

GENERAL KNOWLEDGE

1. Good knowledge of and ability in all lower rank requirements.
2. Assistance in teaching and class responsibility with ability to conduct formal class with approval of certified Sa Bom/Kyo Sa
3. Ability to explain history, culture, and techniques of the Soo Bahk Do Moo Duk Kwan, from a philosophical and scientific perspective.
4. General knowledge of the information in all books written by Kwan Jang Nim Hwang Kee.

DEMONSTRATION OF ABILITY

1. KI CHO

Standardized Drilling sheet

Standardized Ki Cho (Hwak Kuk, Do Mahl Sik, Ta Ko Sik, Po Wool Seh, Yo Sik) Parts A

Do Mahl Sik-Part B (paint, smear)

Joong Jul- dan jun admire move

Ta Ko Sik-Part B (beating, Drumming)

Ta Ko Sik from Sal Chu

Po Wool Seh – Part B (embracing)

Opening moves of Chil sung #6 (or #1) and Sweep

Yo Sik – Part B (Shake)

Double elbow block and yo sik block -kwon soo from Chil sung 4

SOO GI: ** All basics and combinations ARE required

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

Sung Bal Ahp Cha Nut Gi

Simultaneous double jumping front kick

Any Yeon Seo Cha Gi combinations

COMBINATIONS:

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)

2. HYUNG

Pyung Ahn Cho Dan

Pyung Ahn E Dan

Chil Sung Sam Ro

Joong Jol (Yuk Ro E Dan) / Du Moon

Jin Do

Nai Han Ji E Dan / Nai Han Ji Cho Dan

Tonto Hyung

- Ability to perform all current and past Hyungs against opponents.

3. IN NEH (Endurance)

Candidate will be required to demonstrate DWI OH AHP CHA NUT GI, with proper form and power, for 60 second time period (30 seconds per leg).

4. IL SOO SIK DEH RYUN

Standardized Techniques - #1 - #18

#1-#8 – Ja Yu Dae Ryun Applications (theme, theory and demonstration)

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

Defense against unknown attacks

E Dan Testing Requirements - Continued

5. HO SIN SOOL

All Standardized Cross and Same side cuff & sleeve grips

All Standardized 1 and 2-handed wrist grips (cross, same, 2on2, 2on1, side, behind)

Techniques will be called in any random order

Reversals / Aborts – demonstrate 1 reversal and 1 abort from each category (cross, same, 2 on 1, 2 on 2, etc)

Defense against unknown attacks

6. KNIFE DEFENSE (Tonto)

5 standardized techniques

5 of students choice

Unknown attacks

7. JA YA DEH RYUN

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 / 1 thirty second match against two attackers

Ja Yu Dae Ryun with / against knife

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

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

Sung Bal Ahp Cha Nut Gi

Two Boards each foot

Du Bal Chirumyo Cha Go

Two Boards Each

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

9. CULTURE AND TERMINOLOGY

Refer to questions in the DAN manual

Lineage

History of Soo Bahk Do (International and US)

History of Soo Bahk Do in Region 7

Organizational Structure of US Soo Bahk Do Moo Duk Kwan Fed

TAC, SAC, Board of Directors, Regional Examiners, etc.

History and style of all current and past hyungs

Moo Pal Dan Kum

Motivation for name of Chil Sung hyungs

Meaning of Neh Ga Ryu and Weh Ga Ryu

Meaning of Ryu Pa

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

WRITTEN TEST – “What does your Dan Bon mean to you and how does it relate to the Moo Duk Kwan and its discipline?” **must be completed 60 days before test**

1000 – 2000 words, typed, double spaced

*** Also include type-written Ki Cho combinations, Il Soo Sik, applications and tonto

10. READING

SOO BAHK DO MOO DUK KWAN volumes I & II

Grandmaster Hwang Kee

ALL GUP INSTRUCTIONAL GUIDES

Grandmaster Hwang Kee / H.C. Hwang

GUP / DAN MANUALS

U.S. SBD MDK FED. INC.

HISTORY OF THE MOO DUK KWAN

Grandmaster Hwang Kee

JONATHAN LIVINGSTON SEAGULL

Richard Bach

THE BOOK OF FIVE RINGS

Miyamoto Musashi

Write an essay on any non-required (current or past) book that has inspired your Martial Art development. Revised: November 15, 2011