

MINIMUM PROMOTION REQUIREMENTS – Martial Virtues Acad. of Soo Bahk Do

SAM 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 3 years of active training and membership since Ee 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 activities conducted on Studio, Regional, National, and/or International levels, under the guidance of the TAC (Minimum of 8 regional / national participation points since *Ee Dan* test, at least 3 in year leading to *Sam Dan* Test)

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 Soo Bahk Do Moo Duk Kwan, from 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 – *Sam Dan* Section

Standardized Ki Cho - *Il Bon* (Hwak Kuk, Do Mahl Sik, Ta Ko Sik, Po Wool Seh, Yo Sik)

Do Mahl Sik-Ee Bon (paint, smear)

Joong Jul- dan jun admire move

Ta Ko Sik-Ee Bon (beating, Drumming)

Ta Ko Sik from Sal Chu

Po Wool Seh – Ee Bon (embracing)

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

Yo Sik – Ee Bon (Shake)

Double elbow block and yo sik block -kwon soo

SOO GI: ** All basics and combinations are required

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

Ha Dan Ahp / Dwi Huri Gi

Low Front leg sweep / spinning back leg sweep

Du Bal Ahp Cha Nut Gi /

Jumping double front kick /

Sang Dan Kong Kyuk

high punch before landing

COMBINATIONS: Candidate can complete 4 lines of personal Ki Cho

YEON SEO CHA GI: All Previous

FOCUS KICKING:

Ability to perform all kicks to proper target on a partner at full speed with maximum 1” distance

2. HYUNG

Chil Sung Sam Ro

Joong Jul (Yuk Ro Ee Dan)

Nai Hanji Sam Dan

Ro Hai (demonstrate with tile break)

Tonto Hyung (basic and advanced)

- Demonstration of *Hyung* Applications

3. IN NEH (Endurance)

Candidate will demonstrate ‘switching’ AHP CHA NUT GI, with proper form and power, for 60 second time period.

4. IL SOO SIK DEH RYUN / SAM SOO SIK

Standardized Techniques (Il Soo) - #1 - #18, Standardized techniques (Sam Soo) #6-#10

Personal Theme and Application of Standardize Il Soo Sik #9-#18

10 Personal Il Soo Sik of student’s choice (utilizing new techniques, techniques from Hyung, etc.)

Sam Soo Sik: 4 Personal Technique Demonstrations of Partner connection (slow and fast)

Defense against unknown attacks

Sam Dan Testing Requirements – Continued

5. HO SIN SOOL

All Standardized Cross and Same side upper / lower sleeve grips, singles and doubles

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 from each category (cross, same, 2 on 1, 2 on 2, etc)

Re-Reversals – Student will demonstrate a Re-Reversal from each category

Defense against unknown grabs

Tonto Defense – standardized, personal, and sparring defense application

6. BONG DEFENSE (staff)

5 standardized techniques

5 of student's choice

Unknown attacks

7. JA YA DEH RYUN

3 Free Sparring 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 Three attackers / 1 thirty second match against three attackers

Sparring against attacker with a *Bong*

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

Du Bal Ahp Cha Nut Gi – Punch (break with each foot and hand before landing) 2 boards each

Ro Hai with tile break

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

9. CULTURE AND TERMINOLOGY

Refer to questions in the DAN manual

Lineage

History of Soo Bahk Do (Local *DoJang*, Regional, National, International)

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 *Yuk Ro hyungs*

Meaning of *Neh Ga Ryu* and *Weh Ga Ryu*

Meaning of *Ryu Pa*

Identify why each of the 5 *Moo Do* Values are important in the Moo Duk Kwan

WRITTEN TEST – “Describe the essential characteristics of Soo Bahk Do Moo Duk Kwan which make it unique and differentiates it from all other styles.” must be completed 60 days before test

1000 – 2000 words, typed, double spaced

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

MOO DO CHUL HOK Grandmaster Hwang Kee / H.C. Hwang