

MINIMUM PROMOTION REQUIREMENTS

6TH 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 DO JANG 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 focus of weapon to target and 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:

Chungle Ssang Soo Mahk Kee	2 Fist Middle Reinforced Block
Ssang Soo Hugul Yup Mahk Kee	Reinforced Side Block, Back Stance
Ha Dan Soo Do Mahk Kee	Low Knife Hand Block
Choong Dan Soo Do Mahk Kee	Middle Knife Hand Block
Sang Dan Soo Do Mahk Kee	High Knife Hand Block
Chung Kwon Soo	Middle Spear Hand Attack
Pyong Kwon Soo	High Spear Hand Attack
Sewo Cheruki	Double Middle Punch, Fists Vertical

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

FOOT TECHNIQUES:

Double Ahp Cha Nut Gi	Double Front Snap Kick
Double Yup Podo Cha Gi	Double Side Kick
Double Dull Ryo Cha Gi	Double Round House Kick
Dwi Podo Cha Gi	Back Thrust Kick
Moo Roup Cha Gi	Knee Kick

COMBINATIONS:

Choong Dan Soo Do Mahk Kee, Tuelo Chung Kwon Soo
Chungle Sang Soo Mahk Kee, Sewo Cheruki
Ahp Cha Nut Gi, Dul Ryo Cha Gi
Pahkeso Ahnuro Cha Gi, Dwi Podo Cha Gi
2 additional combinations of students choice

Yeon Seo Cha Gi - Continual Kicking With One leg

Ahp Cha Nut Gi, Dull Ryo Cha Gi, Yup Podo Cha Gi

2. HYUNG

Pyong Ahn Cho Dan Ki Cho Hyungs #1 - 3
Chil Sung E Ro Hyung

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

3. IL SOO SIK DEH RYUN (*Students will demonstrate Il Soo Sik with a partner*)

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

New Techniques Demonstrated (2 personal Il soo sik of student's choice)

6th Gup Testing Requirements – Continued

4. HO SIN SOOL
 Cross Hand Wrist Grip: Standardized Techniques #1 - #4
 Same Side Wrist Grips: Standardized Techniques #1 - #2
 Releases From: Hair Grab, Bear Hug From Behind, Single Lapel Grab
 Defense against unknown attacks
5. JA YA DEH RYUN (Free Fighting)
 Orange Belt Sparring combinations - #3 - #5
 Matches Against:
 Lower Level
 Same Level
 Higher Level
6. KYUCK PA (breaking) – *Age 13 and higher will demonstrate with 1"x12"x12" pine wood:*
 Yup Podo Cha Gi One Board
 Kwon Do One Board
7. CULTURE AND TERMINOLOGY
- | | | |
|-------------------|--------------------|----------------------|
| 8 Key Concepts: | Yong Gi | Courage |
| | Chung Shin Tong Il | Concentration |
| | In Neh | Endurance |
| Gi Cho | | Basic |
| Kong Kyuk | | Attack |
| Mahk Kee | | Defense |
| Cha Ryut | | Attention |
| Anh Jo / Chuk Suk | | Be seated / sit down |
| Muk Nyum | | Meditation |
| Kyung Reh | | Bow |
| Hyung | | Form |
| Si Jak | | Begin |
| Ba Ro | | Return |
| Dae Ryun | | Sparring |
- Explain Do-Jang Etiquette
 Explain the Theory of Mukyum
 Article of Faith # 4: Be Cooperative between Brothers and Sisters
 5 Moo Do Values: History, Tradition, Discipline/Respect, Philosophy, Technique
- *** NOTE: A Written Exam will be handed to student 1 week before the test. The student must present the written test, completed, on the test day**
9. READING (A = all student ages; E = elders – over 16 only)
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| SOO BAHK DO MOO DUK KWAN (<u>A</u>) | GRANDMASTER HWANG KEE |
| ORANGE 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 |
| THE MAKING OF A MARTIAL ARTIST (<u>E</u>) | Sang Kyu Shim |
| ZEN IN THE MARTIAL ARTS (<u>E</u>) | Joe Hyams |

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