

MINIMUM PROMOTION REQUIREMENTS

7TH 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. 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. Basic Soo Bahk Do etiquette and Proper Protocol within the studio (Do Jang)
4. Additional knowledge of basic techniques of SOO BAHK DO

EXPECTATIONS OF PERFORMANCE

1. Proper Stance and Shi Sun (focus of sight / intent)
2. Proper placement of Elbows in intermediate and completion position for hand techniques
3. Proper placement of knee in chamber position for kicking techniques
4. Proper striking of the weapon in hand and foot techniques

DEMONSTRATION OF ABILITY

1. KI CHO

HAND TECHNIQUES:

Hugul Yup Mahk Kee	Side Block, Back Stance
Hugul Ha Dan Mahk Kee	Low Block, Back Stance
Hugul Sang Dan Mahk Kee	High Block, Back Stance
Hugal Pahkeso Ahnuro Mahk Kee	Outside / Inside block, Back Stance
Chang Kwon	Palm Heel Attack
Tuelo Chang Kwon	Reverse Palm Heel Attack
Soo Do Kong Kyuk Chung le Ja Se	Knife Hand Attack, Front Stance
Soo Do Kong Kyuk Kema Ja Seh	Knife Hand Attack, Horse Stance
Kap Kwan Kong Kyuk Kema Ja She	Back fist, Horse stance
Kema Ha Dan Mahk Kee	Low Block, side stance
Kema Sang Dan Mahk Kee	High Block, side stance
Kema Ahneso Pahkuro Mahk Kee	Inside / Outside block, side stance
Kema Pahkeso Ahnuro Mahk Kee	Outside / Inside block, side stance
Wheng Jin Kong Kyuk	Side Punch, Horse Stance

FOOT TECHNIQUES:

Ahneso Pahkuro Cha Gi	Inside outside Kick
Pahkeso Ahnuro Cha Gi	Outside Inside Kick
Dwi Oh Ahp Cha Nut Gi	Jumping Front Kick (no fake)
Dwi Oh Yup Podo Cha Gi	Jumping Side kick (no fake)

COMBINATIONS:

Ha Dan Mahk Kee, Tuelo Choong Dan Kong Kyuk
Sang Dan Mahk Kee, Tuelo Choong Dan Kong Kyuk

2. HYUNG

Ki Cho Hyung Sam Bu Basic form # 3

3. SAM SOO SIK DEH RYUN (Three Step Sparring)

4. IL SOO SIK DEH RYUN (One Step Sparring)

All IL Soo Sik performed shadow unless requested different by instructor

Standardized Techniques - All previous techniques (#1 - #4) **plus**

#5 - Oh Bon and #6 - Yuk Bon (Be sure to know the names of the techniques)

7th Gup Testing Requirements - Continued

5. HO SIN SOOL

Cross Hand Wrist Grip: Standardized Techniques - Il Bon, E Bon, **Sam Bon, Sa Bon**
Release From Double Hand Shoulder Grab, Opponents Facing

1. Stepping Forward, Kema, Push Off
2. Stepping Back into Hugul, Hand Combination Counter

* All Lower Rank Techniques Can Be Requested

6. JUDO

Demonstrate: Slap Falling, Roll Falling, Jump and Roll Falling
Front Leg Sweep, Opponents Facing on Mats

7. JA YU DAE RYUN (Sparring)

Orange Belt combinations - #1 and #2
Free Sparring – 2 minute match

8. KYUK PA (Breaking) - 13 and higher will demonstrate with 1"x12"x12" pine wood

Ahp Cha Nut Gi - One Board

Chang Kwon – One Board

9. CULTURE AND TERMINOLOGY

Kyo Sa Nim	Certified Instructor
Sa Bom Nim	Certified Master Instructor
Hu Beh	Juniors
Sun Beh	Seniors
Gi Cho	Basics
Hyung	Form
Si Jok	Begin
E Sang	Finish
Kalyo	Break (stop)
Kyuk Pa	Breaking
Ja Ya Deh Ryun	Fighting
8 Key Concepts:	Courage
Yong Gi	Concentration
Chung Shin Tong Il	

Article of Faith # 3: Be Loving to one's Husband or Wife

5 Moo Do Values: History, Tradition, Discipline/Respect, Philosophy, Technique

Count from One to Ten in Korean:

Hana, Dool, Set, Net, Da Sot, Yuh Sot, Il Gop, Yo Dull, Ah Hope, Yohl

ORAL QUESTIONS

Who Created the Ki Cho Hyungs?
When Were They Created?
Where Were They Created?

10. READING

SOO BAHK DO MOO DUK KWAN
ORANGE BELT INSTRUCTIONAL GUIDE
GUP MANUAL
JONATHAN LIVINGSTON SEAGULL

GRANDMASTER HWANG KEE
Grandmaster Hwang Kee / H.C. Hwang
U.S. Soo Bahk Do Moo Duk Kwan Fed. Inc.
Richard Bach

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