

MINIMUM PROMOTION REQUIREMENTS

1st 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. REGULAR training outside of formal class
6. SERVICE TO DOJANG OR FEDERATION
7. All previous requirement sheets
8. Assistance once per week in conducting classes – *Student should assist with 1 White/Orange belt class weekly*
9. Development of a **Leadership role** and responsibilities in the Do Jang

GENERAL KNOWLEDGE

1. Conceptual knowledge of all lower rank techniques and requirement sheets
2. Korean SOO BAHK DO terminology, etiquette and further development of Moo Duk Kwan attitudes and spirit.
3. Philosophy and History of SOO BAHK DO MOO DUK KWAN

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 - SOO GI:** ** All Basics and Combos ARE Required with Emphasis on Hu Jin (singly and combinations)
 - Hwak Kuk (Jang Kwon Do / Kap Kwon) ex. jang kwon do – t/o jang kwon do - kwon do
 - Do Mahl Sik-Part A (paint, smear) Choong dan soo do / 2 presses from Du Moon
 - Ta Ko Sik-Part A (beating, Drumming) Last 3 techniques of Chil Sung Sam Ro
 - Po Wool Seh – Part A (embracing) 45 degree open – embrace moon (also chil sung 1 open)
 - Mong Dongi Two Fist U Punch
 - He Cho Mahk Kee Spread Block
 - Cheh Ha Dan Soo Do Mahk Kee Low knife block, low crouching stance
 - Sung Mahk Dung Techniques Blocks up/down, side/side - Attacks with wrist/fingers

JOK GI:

- | | |
|-------------------------|---------------------------------------|
| Peet Cha Gi | Reverse Round House Kick |
| Dwi Oh Dwi Yup Hu Ri Gi | Leaping Long Back Spin Kick |
| Chirumyo Cha Gi | Simultaneous Side Kick and High Punch |
| Du Bal Peet Cha Gi | Flying Scissors Kick |
| Dwi Oh Dwi Podo | Leaping Back Kick |

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

- Continuous hand combination sequence – (5 - 10 techniques or length of floor)
- Continuous foot combination sequence – (5-10 techniques or length of floor)
- Continuous hand/foot combination sequence (5-10 techniques or length of floor)
- Continuous jumping combination sequence – (5-10 techniques or length of floor)

YEON SEO CHA GI:

All Previous plus **Four of students choice**

2. HYUNG

- | | |
|-----------------------------|-----------------|
| Chil Sung #1-#3 | Pyung Ahn #1-#5 |
| Do Moon – (Yuk Ryo Cho Dan) | Passai |

* Ability to perform all current and past Hyungs against opponents. Perform hyung of choice to music.

3. IL SOO SIK DEH RYUN

- Standardized Techniques - All previous techniques (#1 - #16) *plus* #17 - **Sip Chil Bon**, #18 - **Sip Pahl Bon**
10 of student's choice (utilizing new techniques, techniques from Hyung, etc.)
Defense against unknown attacks

1ST Gup Testing Requirements - Continued

4. HO SIN SOOL

Cross Hand Wrist Grips:	Standardized Techniques #1 - #4
Same Side Wrist Grip:	Standardized Techniques #1 - #4
Two Hands grabbing one wrist:	Standardized Techniques #1 - #3
Two Hands grabbing two wrists:	Standardized Techniques #1 - #4
Two hands grabbing both wrists from behind	Standardized Techniques #1 - #2
One hand grabbing one wrist from side	Standardized Techniques #1 - #2
Two hands grabbing from behind back	Standardized Techniques #1 - #2
Defense against unknown attacks	

5. JA YA DEH RYUN

Sparring Combinations from Red Belt Instructional Guide
Sparring Combos demonstrating utilization of Hwak Kuk Techniques
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

6. KYUCK PA: (Students will provide all breaking materials) - 13 and higher will demonstrate with 1"x12"x12" pine wood

Dwi Hu Ri Gi	One Board
Dwi Oh Dwi Podo Cha Gi	Two Boards
Goolo Yup Podo Cha Gi	Two Boards
Chirumyo Cha Go	One Board Each
Demonstration of Hwak Kuk / Ta Ko Sik / Do Mahl Sik	One Board each technique (student choice)
Chang Kwon	One – Three (with spacers) Patio Tiles
Hyung – Demonstrate any hyung with a minimum of five breaking stations	

7. CULTURE AND TERMINOLOGY

Lineage – Detail your lineage to the Founder (stating who, rank, dan bon)
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.
Moo Pal Dan Kum
Unique areas of the Moo Duk Kwan
Personal Growth attributed to Soo Bahk Do Training
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 - to be handed out 1 week prior to testing and returned on test day!

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

9. READING

SOO BAHK DO MOO DUK KWAN Vol 1	Grandmaster Hwang Kee
RED BELT INSTRUCTIONAL GUIDE	Grandmaster Hwang Kee / H.C. Hwang
THE HISTORY OF THE MOO DUK KWAN	Grandmaster Hwang Kee
GUP MANUAL	U.S. Soo Bahk Do Moo Duk Kwan Fed. Inc.
JONATHAN LIVINGSTON SEAGULL	Richard Bach
THE ZEN WAY TO THE MARTAIL ARTS	Taisen Deshimary
THE MAKING OF A MARTIAL ARTIST	Sang Kyu Shim
WAY OF THE PEACEFUL WARRIOR	Dan Millman

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

Revised: March 22, 2010