

MINIMUM PROMOTION REQUIREMENTS

4TH GUP



GENERAL REQUIREMENTS

1. Must be a member in good standing of the U.S. Soo Bahk Do Moo Duk Kwan Federation Inc.
2. Sound Moral Character
3. No age requirement
4. REGULAR WEEKLY DOJANG 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 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 8 Key Concepts

DEMONSTRATION OF ABILITY

1. KI CHO

HAND TECHNIQUES:

Yuk Gin Kong Kyuk	Reverse Punch Back Stance
Yuk Soo Do Kong Kyuk	Ridge Hand (palm down)
Tuelo Yuk Soo Do Kong Kyuk	Reverse Ridge Hand
Horizontal Pal Koop Chi Kee	Horizontal Elbow Attack
Vertical Pal Koop Chi Kee	Vertical Elbow Attack
Pal Koop Chi Kwon Soo	Elbow Spear Attack
Dwi Dull Ryo Chiruki	Spinning Hand Attacks
- Kap Kwon	- Back Fist
- Kwon Do	- Hammer Fist
- Soo Do	- Knife Hand

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

FOOT TECHNIQUES:

Yup Hu Ri Gi	Hook Kick
Goolo Yup Hu Ri Gi	Step Behind Hook Kick
Goolo Ahneso Pahkuro Cha Gi	Sliding Inside Outside Kick
E-Dan Dull Ryo Cha Gi	Flying Roundhouse Kick
Dwi Oh Dwi Podo Cha Gi	Jumping Back Kick

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

2 hand combinations (2 or more techniques) of student's choice

2 foot combinations (2 or more techniques) of students choice

2 hand/foot combinations (2 or more techniques) of student's choice

YEON SEO CHA GI:

1. Ahp Cha Nut Gi, Dull Ryo Cha Gi, Ahneso Pahkuro Cha Gi
2. Yup Podo Cha Gi, Dwi Podo Cha Gi, Dull Ryo Cha Gi
3. Pahkeso Ahnuro Cha Gi, Yup Podo Cha Gi, Ahneso Pahkuro Cha Gi, Dull Ryo Cha Gi

2. HYUNG

Chil Sung Il Ro Chil Sung E Ro
Pyung Ahn Sam Dan (Pyung Ahn 1 & 2)

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

3. IL SOO SIK DEH RYUN

Standardized Techniques - All previous techniques (#1 - #8) **plus** #9 - Gu Bon, #10 - Ship Bon
New Techniques Demonstrated / Creative personals – 5 of student's choice

4th 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 |
| Defense against unknown attacks | |
5. JUDO
- All Previous techniques
6. JA YA DEH RYUN
- Sparring Combinations 3 & 4 from Green belt Instructional guide
- 2 Minute Matches Against: Lower Level, Same Level, Higher Level
- PI HAGI:
- Dodging Techniques - Examiners Choice
7. KYUCK PA: - 13 and higher will demonstrate with 1"x12"x12" pine wood
- | | |
|---|----------------|
| Soo Do Kong Kyuk | One Board |
| E-Dan Yup Podo Cha Gi (over students) | One Board |
| Dwi Podo Cha Gi | One Board |
| Dwi Oh Dwi Podo Cha Gi | One Board |
| Any Spinning Hand Technique | One Board |
| Dull Ryo Cha Gi | One Board |
| Student choice – Combination break (2-3 techniques) | One Board Each |
8. CULTURE AND TERMINOLOGY
- | | | |
|-----------------|--------------------|--------------------------|
| 8 Key Concepts: | Yong Gi | Courage |
| | Chung Shin Tong Il | Concentration |
| | In Neh | Endurance |
| | Chung Jik | Honesty |
| | Kyum Son | Humility |
| Weh Gung | | External Power |
| Neh Gung | | Internal Power |
| Shim gung | | Spiritual Power / Intent |
- Identify and Explain the 11 Points of Emphasis on Mental Training
- Explain Mukyum
- Explain the Moo Duk Kwan Flag
- Explain the Importance of Training
- Explain the Importance of Performing Repetitions
- Explain the Importance of Giving
- Article of Faith # 6: Be Faithful between Teacher and Student
- 5 Moo Do Values: History, Tradition, Discipline/Respect, Philosophy, Technique

WRITTEN TEST - to be handed out 1 week prior to testing and returned on test day!

*** Also include type-written II Soo Sik

ORAL QUESTIONS

Any current or past culture and terminology can be requested. This includes items covered in previous requirement sheets as well as topics discussed in class.

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 |
| GREEN 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- Read it again for the First time! |
| THE PROPHET - Chapter on GIVING (<u>A</u>) | Kahil Gibran |
| THE MAKING OF A MARTIAL ARTIST (<u>E</u>) | Sang Kyu Shim |
| ZEN FLESH / ZEN BONES (<u>E</u>) | Paul Rebs |

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