

Soo Bahk Do Moo Duk Kwan Federation

CHO DAN Minimum Requirements

General Requirements:

The following are minimum requirements to be eligible for promotion:

- Age Requirements: No minimum age.
- Proof of current federation membership
 - Federation ID Card
- Membership time must equal or exceed required training time
- Must be of sound moral character

Expectation of Performance:

Candidate should be able to demonstrate the following:

- Distant control
- Demonstration of proper intent during physical demonstration
- Proper acceleration of movement to maximum force
- Demonstration of proper ceremony during Il Soo Sik and Ho Shin Sul

Culture, Terminology, and History

Candidate should be able to explain his or her understanding of the following:

- See standard World Moo Duk Kwan questions along with written examination.

Basic Movement (Gi Cho Bup)

- All lower belt techniques and requirements
- Hand and foot combinations using known techniques

Hyung (Forms)

- Passi
- Chil Sung Il Ro Hyung
- Chil Sung Sam Ro Hyung
- Adults: Du Mun Hyung

Il Soo Sik Deh Ryun (One step sparring)

- Adults: All (Il Bon to Ship Pahl Bon)
- Children: Il Bon to Gu Bon (odd numbers only)

Ho Sin Sool (Self defense)

- Adult:
 - Side Wrist Grip
 - Rear Wrist Grip
 - All lower belt requirements
- Children: Il Bon and E Bon of the following sets:
 - Cross Hand Wrist Grips
 - Same Side Wrist Grips
 - Two on One Wrist Grips
 - Two on Two Wrist Grips

Ja Yu Deh Ryun (Free Sparring)

- Free sparring

Kyok Pa (Breaking)

- Ee Dan Dwi Cha Gi (Jump Back Kick) OR
- Yeon Soo Kyok Pa with one Soo Gi technique and one Jok Gi technique

In Neh (Endurance)

- Thirty (30) seconds of continuous punching (Kee Mah Jaseh) with focus on power, speed and proper direction of hip for maximum effectiveness of each punch. GOAL: 120 punches with proper technique and form.

Note: Kyok Pa and In Neh can be adjusted subsequent to discussion with Regional Examiner(s) based on age and/or health conditions.