

# Soo Bahk Do Moo Duk Kwan Federation

## E 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:

- Proper Moo Do Jaseh
- Connection of 8 Key Concepts
- Demonstration of Shim Kong, Nae Kong, and Weh Kong
- Demonstration of Shin Chook in movement

### Culture, Terminology, and History

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

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

### Basic Movement (Gi Cho Bup)

- All lower belt techniques and requirements
- Soo Bahk Do Gi Cho (Il Bon Techniques)
- Hand and foot combinations using all known techniques

### Hyung (Forms)

- Joong Jul
- Jin Do
- Chil Sung Sam Ro Hyung
- Pyong Ahn E Dan

### Il Soo Sik Deh Ryun (One step sparring)

- Adults: Sam Soo Sik Deh Ryun
- Children: Il Bon to Ship Chil Bon (odd numbers only)

### Ho Sin Sool (Self defense)

- Adult:
  - Lower Sleeve Grip
  - Knife (Dhando) Defense
- Children
  - All Wrist Grips including Back and Side Wrist Grips
  - Knife (Dhando) Defense

### Ja Yu Deh Ryun (Free Sparring)

- Free sparring

### Kyok Pa (Breaking)

- Ee Dan Ssang Bal Cha Gi (Double Jump Front Kick) OR
- Yeon Soo Kyok Pa with one Soo Gi technique and one Jok Gi technique

### In Neh (Endurance)

- Ahp Bal Ahp Cha Nut Gi (lead leg) performed in Hu Gul Jaseh – Thirty (30) seconds and continuous kicking with focus on power, speed, and extension for maximum effectiveness of each kick. GOAL: 40 kicks per leg.

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