

Soo Bahk Do Moo Duk Kwan Federation

Sa DAN Minimum Requirements

General Requirements:

The following are minimum requirements to be eligible for promotion:

- Age Requirements: 21 years old.
- 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
- Understanding and application of Shim Kong, Nae Kong, and Weh Kong
- Demonstration of breath initiating Shin Chook connected with proper "chain of command".

Culture, Terminology, and History

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

- Brief explanation of the Ship Sam Seh and O-Heang and what did you learn from it?
- History and meaning of required Hyung.

Basic Movement (Gi Cho Bup)

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

Hyung (Forms)

- Chil Sung O Ro Hyung
- Yang Pyun
- Sip Soo
- Kong Song Kun
- Pyong Ahn Sa Dan

Il Soo Sik Deh Ryun (One step sparring)

- Tuk Soo Deh Ryun

Ho Sin Sool (Self defense)

- All lower belt requirements

Ja Yu Deh Ryun (Free Sparring)

- Free sparring

Kyok Pa (Breaking)

- None