

# Soo Bahk Do Moo Duk Kwan Federation

## Sam 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 proper line of technique combined with maximization of acceleration and speed.

### 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 (E Bon Techniques)
- Hand and foot combinations using all known techniques

### Hyung (Forms)

- Po Wol
- Chil Sung Sa Ro Hyung
- Ro Hai
- Pyong Ahn Sam Dan

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

- Jua Deh Ryun (sparring from the ground)

### Ho Sin Sool (Self defense)

- Adult:
  - Mid-sleeve Grip
  - Staff (Jang Bong) Defense
- Children
  - All Wrist Grips including Back and Side Wrist Grips
  - Knife (Dhando) Defense

### Ja Yu Deh Ryun (Free Sparring)

- Free sparring
- Da Soo In Deh Ryun – Double (2 on 1) opponent sparring

### Kyok Pa (Breaking)

- Ro Hai

### In Neh (Endurance)

- Ahp Cha Nut Gi (hopping), alternating each leg for thirty seconds of continuous kicking. GOAL: 50 kicks with proper completion of each kick.

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