

Soo Bahk Do Moo Duk Kwan Federation

1th GUP 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 or 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:

- Describe some of the unique areas of the Moo Duk Kwan (unique areas as highlighted in the Vision Tour)
- Personal growth benefits from Soo Bahk Do training
- Meaning of “Do”

Basic Movement (Gi Cho Bup)

- Hand Techniques (Soo Gi)
 - Jang Kap Kwon Kong Kyuk Double Back Fist Strike
- Foot Techniques (Jok Gi)
 - Peet Cha Gi Inverted Roundhouse Kick
 - Ee Dan Dwi Ahneso Pahkuro Jump Back Spinning Axe Kick
 Cha Gi
 - Ee Dan Dwi Huri Gi Jump Back Spinning Heel Kick
 - Hand and foot combinations using all known techniques, including jump kicks. Demonstrate use of Huri and its flow.

Hyung (Forms)

- Adults: Do Moon
- Children: Chil Sung Sam Ro Hyung

Il Soo Sik Deh Ryun (One step sparring)

- Adults: Ship O Bon and Ship Yuk Bon
- Children: Chil Bon

Ho Sin Sool (Self defense)

- Adult: Two on Two Wrist Grips – Sam Bon and Sa Bon
- Children: Two on One Wrist Grips – E Bon

Ja Yu Deh Ryun (Free Sparring)

- Free sparring combinations with utilization of Tuel Oh Jang Kap Kwon Kong Kyuk

Kyok Pa (Breaking)

- Tuel Oh Jang Kap Kwon Kong Kyuk or Dwi Huri Gi