

Soo Bahk Do Moo Duk Kwan Federation

3th 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:

- Proper Moo Do Jaseh
- Proper Shi Sun
- Demonstrate 8 Key Concepts

Culture, Terminology, and History

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

- Specify any three (3) of your favorite 8 Key Concepts in Korean
- Discuss the benefits of the 8 Key Concepts
- History of the founding of the Moo Duk Kwan
- Five Moo Do Values
- 10 Articles of Faith on Mental Training

Basic Movement (Gi Cho Bup)

- Hand Techniques (Soo Gi)
 - Jang Kap Kwon Kong Kyuk Double Back Fist Attack
- Foot Techniques (Jok Gi)
 - Dwi Ahneso Pahkuro Cha Gi Back Spinning Axe Kick
 - Ee Dan Dullyo Cha Gi Jump Roundhouse Kick
 - Ee Dan Ahneso Pahkuro Jump Inside to Outside Kick
 - Cha Gi
 - Hand and foot combinations using all known techniques, including jump kicks

Hyung (Forms)

- Chil Sung Il Ro Hyung

Il Soo Sik Deh Ryun (One step sparring)

- Adults: Ship Il Bon and Ship E Bon
- Children: Sam Bon

Ho Sin Sool (Self defense)

- Adult: Two on One Wrist Grips – Il Bon through Sam Bon
- Children: Same Side Wrist Hand Grips – E Bon

Ja Yu Deh Ryun (Free Sparring)

- Free Sparring

Kyok Pa (Breaking)

- Teul Oh Choong Dan Kong Kyuk or E Dan Dullyo Cha Gi