

Soo Bahk Do Moo Duk Kwan Federation

4th 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 focus of weapon to target
- Proper respect of senior and junior members
- Proper weapon discipline
- Proper process of 'chain of command' in hand/foot basics
- Proper demonstration 8 Key Concepts

Culture, Terminology, and History

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

- Specify three (3) of your favorite 8 Key Concepts in Korean and explain how they help you in your training
- Humility: Kyum Son
- Basic Terminology
- Significance of the Moo Duk Kwan flag

Basic Movement (Gi Cho Bup)

- Hand Techniques (Soo Gi)
 - Sang Dan Soo Do Mahk Ke High Knife Hand Block
 - Sang Dan Ssang Soo Mahk Ke High Two Hand Block
- Foot Techniques (Jok Gi)
 - Yup Huri Gi Side Hook Kick
 - Hand and foot combinations using all known techniques

Hyung (Forms)

- Chil Sung E Ro Hyung
- Chil Sung Il Ro Hyung

Il Soo Sik Deh Ryun (One step sparring)

- Adults: Gu Bon and Ship Bon
- Children: Il Bon

Ho Sin Sool (Self defense)

- Adult: Same Side Wrist Grips – Sam Bon and Sa Bon
- Children: Same Side Wrist Hand Grips – Il Bon

Ja Yu Deh Ryun (Free Sparring)

- Free Sparring
- Green Belt Combinations
 - Sam Bon and Sa Bon

Kyok Pa (Breaking)

- Jang Kwon Kong Kyuk or Dullyo Cha Gi