

Soo Bahk Do Moo Duk Kwan Federation

6th 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 Ki Hap, spirit, Shi Shun, and Moo Do Jaseh
- Proper focus of weapon to target
- Proper respect to senior and junior members
- Proper weapon discipline
- Proper process of 'chain of command' in hand/foot basics
- Proper demonstration of speed control (Wan Gup)

Culture, Terminology, and History

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

- Discuss any resulted experience outside the do jang connected to the 8 Key Concepts
- Terminology:

Basic: Gi Cho	Form: Hyung	Attention: Cha Ryut
Attack: Kong Kyuk	Meditation: Muk Nyum	Return: Ba Ro
Defense: Mahk Ke	Begin: Si Jak	Endurance: In Neh
Bow: Kyung Reh	Sparring: Deh Ryun	

Basic Movement (Gi Cho Bup)

- Hand Techniques (Soo Gi)
 - Ha Dan Soo Do Mahk Ke Low Knife Hand Block
 - Chung Gul Ssang Soo Ahneso Two Fist Middle Block
 - Pahkuro Mahk Ke
 - Kwon Do Kong Kyuk Hammer Fist Strike
- Foot Techniques (Jok Gi)
 - Ahneso Pahkuro Cha Gi Inside to Outside Kick
 - Dwi Cha Gi Back Thrust Kick
 - Hand and foot combinations using all known techniques

Hyung (Forms)

- Pyong Ahn Cho Dan

II Soo Sik Deh Ryun (One step sparring)

- Adults: O Bon and Yuk Bon
- Children: II Bon (Side step with block and counter only)

Ho Sin Sool (Self defense)

- Cross Hand Wrist Grips
 - Adult: Sam Bon and Sa Bon
 - Children: II Bon

Ja Yu Deh Ryun (Free Sparring)

- Free Sparring
- Orange Belt Combinations
 - Sam Bon through O Bon

Kyok Pa (Breaking)

- Adults: Kwon Do Kong Kyuk or Yup Podo Cha Gi
- Children: None