

Soo Bahk Do Moo Duk Kwan Federation

7th 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 stance and Shi Sun
- Proper placement of elbows in intermediate and completion position for hand techniques
- Proper placement of knee in a chamber position for kicking techniques
- Proper striking of the weapon in hand and foot techniques
- Proper protocol within the studio (Do Jang)

Culture, Terminology, and History

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

- Concentration (Chung Shin Tong Il)
- Discuss the benefits of the 8 Key Concepts in your daily life (activities)
- Count from 1 to 10 in Korean

Basic Movement (Gi Cho Bup)

- Hand Techniques (Soo Gi)
 - Pahkeso Ahnuro Mahk Kee Outside to Inside Block
 - Wheng Jin Kong Kyuk Side Punch
 - Pahl Koop Kong Kyuk Elbow Attach
 - Hu Gul Yup Mahk Kee Back Stance, Side Inside to Outside Block
- Foot Techniques (Jok Gi)
 - Yup Podo Ol Ri Gi Side Stretch Kick
 - Yup Podo Cha Gi Side Thrust Kick
 - Ee Dan Ahp Cha Nut Gi Jump Front Thrust Kick

Hyung (Forms)

- Gi Cho Hyung Sam Bu

Il Soo Sik Deh Ryun (One step sparring)

- Adults: Sam Bon and Sa Bon
- Children: None

Ho Sin Sool (Self defense)

- Cross Hand Wrist Grips
 - Adult: E Bon
 - Children: E Bon (first two moves only; release and counter)

Ja Yu Deh Ryun (Free Sparring)

- Free Sparring
- Orange Belt Combinations
 - Il Bon & E Bon

Kyok Pa (Breaking)

- Adults: Pahl Koop Kong Kyuk or Ahp Cha Nut Gi
- Children: None