

Soo Bahk Do Moo Duk Kwan Federation

8th 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:

- What is your favorite 8 Key Concept and how does it help you in your daily life (school, work, spirit, etc.)?
- 8 Key Concept
- Belt colors and meanings
- Instructor: Sa Bom Nim / Kyo Sa Nim / Jo Kyo Nim
- Courage
- Seniors / Juniors: Sun Beh / Huh Beh

Basic Movement (Gi Cho Bup)

- Hand Techniques (Soo Gi)
 - Sang Dan Mahk Kee High Block
 - Ahneso Pahkuro Mahk Kee Inside/Outside Block
- Foot Techniques (Jok Gi)
 - Dull Ryo Cha Gi Round House Kick
 - Ahneso Pahkuro Cha Gi Inside/Outside Kick

Hyung (Forms)

- Gi Cho Hyung Il Bu
- Gi Cho Hyung E Bu

Il Soo Sik Deh Ryun (One step sparring)

- Adults: Il Bon and E Bon
- Children: None

Ho Sin Sool (Self defense)

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

Ja Yu Deh Ryun (Free Sparring)

- White Belt Combinations
 - Sam Bon & O Bon

Kyok Pa (Breaking)

- None Required