

Soo Bahk Do Moo Duk Kwan Federation

9th 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

- Name of the art you study
- Name of the style
- Name of the Founder and current President of the Moo Duk Kwan®
- Uniform (Do Bak)
- Studio (Do Jang)
- Protocol for entering and leaving the Do Jang

Basic Movement (Gi Cho Bup)

- Hand Techniques (Soo Gi)
 - Ha Dan Mahk Kee Low Block
 - Sang Dan Mahk Kee High Block
 - Choong Dan Kong Kyuk Middle Punch
 - Sang Dan Kong Kyuk High Punch
- Foot Techniques (Jok Gi)
 - Ahp Podo Ol Ri Gi Front Stretch Kick
 - Ahp Cha Nut Gi Front Snap Kick

Hyung (Forms)

- None Required

Il Soo Sik Deh Ryun (One step sparring)

- Adults: Il Bon and E Bon (Side step with block and counter only)
- Children: None

Ho Sin Sool (Self defense)

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

Ja Yu Deh Ryun (Free Sparring)

- White Belt Combinations
 - Il Bon & E Bon

Kyok Pa (Breaking)

- None Required