

# HIGHLAND PARK SOO BAHK DO – SA BOM NIM JACK KELLY

## 1<sup>th</sup> Gup Recommended Training

### General Requirement

1. Must be a member in good standing of the U.S. Soo Bahk Do Moo Duk Kwan Federation Inc.
2. Sound moral character
3. No age requirement
4. Regular weekly Do Jang attendance.
5. Service to the Do Jang
6. Assist with teaching

### General Knowledge

1. Conceptual knowledge of basic technique.
2. Understanding of Soo Bahk Do SPIRIT by demonstrated attitudes.
3. Basic Soo Bahk Do etiquette.
4. Additional knowledge of basic techniques of Soo Bahk Do.

### Demonstration of Ability

#### 1. Form (Hyung)

Chil Song Sam Ryo      Passi  
Du Moon

\*\* Ability to perform all current and past Hyungs against opponents

#### 2. Basic Movement (Gi Cho)

##### Hand Techniques

Mong Dongi	Two Fist U Punch
He Cho Mahk Kee	Spread Block
Choi Ha Dan Soo Do Mahk Kee	Low Knife Block, Low Crouching Stance

##### Foot Techniques

Beet Cha Gi	Reverse Round House Kick
Dwi Oh Dwi Yup Hu Ri Gi	Leaping Back Spinning Kick
Chirumyo Cha Gi	Simultaneous Side Kick and High Punch
Dubal Beet Cha Gi	Flying Scissors Kick

**Note: Hand and Foot combinations are required**

Yeon Seo Cha Gi (One Leg Continuously Kicking)      Examiners Choice

#### 3. Il Soo Sik Deh Ryun (One Step Sparring)

Standardized techniques	All previous techniques (Il Bon - Sip Pahl Bon)
15 Of Student Choice (appropriate techniques at this level)	
Surprise Attacks	

#### 4. Ho Sin Sool (Self Defense)

All Standardized Wrist Grabs	
5 Personal Techniques	
Demonstrate Defenses Against Knife Attacks	Standardized Techniques (Il Bon - Oh Bon)

\*\* All previous and/or surprise Ho Sin Sool may be requested

## 1<sup>st</sup> Gup Continued

5. **Ja Ya Deh Ryun** (Free Fighting) 2 Minutes Matches Against:

- 1 Lower Rank                      2 Same Rank
- 1 Higher Rank                    1 fighting match from ground
- Grappling
- 1 Match Da Soo In Deh Ryun - Fighting Against Two Attackers

6. **Kyok Pa** (Breaking)

- Dwi Podo Cha Gi                      Three Boards
- Dwi Oh Dwi Podo Cha Gi              Two Boards
- Chirumyo Cha Gi                      One Board

Student's choice of breaking within Hyung - at least three station per Hyung  
Random Breaking Combinations - on Examiners Command

7. **Specific Knowledge of Culture and Terminology**

Identify and Explain why each of the 8 Key Concepts are important to Soo Bahk Do.

Completion of **a copy of** the Federation Study Guide to Soo Bahk Do textbook Volume I.

(The study guide does not need to be typed)

**Note: All terminology must be typed and handed in prior to or at the test.**

8. **Oral Questions**

Any current or past culture and/or terminology can be requested. This includes items covered in previous requirement sheets as well as topics discussed in classes.

9. **Reading Requirements**

Soo Bahk Do Moo Duk Kwan  
Federation Instructional Guides

Grand Master Hwang Kee  
Grand Master Hwang Kee