

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

## 2<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.

### 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)

Pyong Ahn Sa Dan & Pyong Ahn O Dan  
Chil Song IL Ro & Chil Song Sam Ro

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

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

##### Hand Techniques

He Cho Mahk Kee

Jip Kye Son

Yoo Kwon

Noo Lu Mahk Kee

Il Chee Kwon

E Chee Kwon Soo

Chi Chigi Kong Kyuk

Spread Block

Plier Hand Attack

Soft Fist

Pressing Block

Fore Knuckle Attack

Two Finger Attack

Upper Cut Back Stance

##### Foot Techniques

Du Bal Dwi Podo Cha Gi

Du Bal Ahneso / Pahkeso Cha Gi

Du Bal Pahkeso / Pahkeso Cha Gi

Dwi Oh Dwi Dull Ryo Ahneso / Pahkeso

Ahp Me Roup Cha Gi

Jumping Spinning Back Kick with Fake

Flying Inside-Outside / Outside-Inside Kick

Flying Outside-Inside / Outside-Inside Kick

Tornado Kick

Front Push Kick

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

Yeon Seo Cha Gi (One Leg Continuously Kicking)

Examiners Choice

Pi Hagi All previous Pi Hagi can be requested

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

Standardized Techniques

15 Personal Techniques

All previous techniques (Il Bon - Sip Pahl Bon)

**Note: Know the names of the different techniques**

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

Two On Two Wrist Grabs

Grab from Behind

\*\*\* All previous Ho Sin Sool may be requested

Standardized Techniques (Il Bon - Sa Bon)

Drop and Shoulder Throw

## 2<sup>nd</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 floor

6. **Kyok Pa** (Breaking)

Soo Do Kong Kyuk	One Board - Speed Break
Du Bal Ahp Cha Nut Gi	One Board
Dwi Hu Ri Gi	One Board
Yup Podo Cha Gi	Three Boards
Jang Kwon	Two Boards or 1 patio tile

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

Explain why a proper Diet is Important	Explain the Theory of UM YANG
Explain the Theory of SHIN CHOOK	Explain the Theory of WAN GUP
Explain MU SHIM	Explain Motivation
Explain the Theory of Immovable Elbow + "Windshield Wiper"	

**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	Grand Master Hwang Kee
Federation Instructional Guides	Grand Master Hwang Kee
Jonathan Livingston Seagull	Richard Bach

**Note: Be prepared to give thoughts and impressions on the required readings at the test.**