# HIGHLAND PARK SOO BAHK DO – SA BOM NIM JACK KELLY 3<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. <u>Form</u> (Hyung) Chil Sung IL Ro Chil Song Sam Ro

# 2. Basic Movement (Gi Cho)

Hand TechniquesSohn Mok Deung Mahk KeeBent Wrist Block (Chungle, Hu Gul & Kema)Teul Oh Sohn Mok Deung Mahk KeeReverse Bent Wrist BlockYuk Jin Kong KyukReverse Punch, Back StanceYuk Soo Do Mahk KeeReverse Knife Hand Block (Hu Gul & Chungle)Twichibo ChirukiSimultaneous Upper Cut PunchHu Jin - ability to perform all new and previous techniques moving backwards

#### Foot Techniques

Dwi Yup Hu Ri Gi	Long Back Spinning Kick
Du Bal Twit Cha Gi	Flying Back Kick with Eye Contact
Du Bal Ahneso/Pahkeso Cha Gi	Flying Inside-Outside/Outside-Inside Kick
Dwi Oh Ahneso Pahkuro Cha Gi	Jumping Inside/Outside Kick
Ahp Me Roup Cha Gi	Front Push Kick
Pandal Cha Gi	Blocking Pahkeso Kick
Yeon Seo Cha Gi (Continuous kicking with one leg)	Examiners Choice

Pi Hagi (Dodging Techniques)

- 3. <u>II Soo Sik Deh Ryun</u> (One Step Sparring) Standardized Techniques #15 - Sip Oh Bon #17 - Sip Chil Bon #16 - Sip Yuk Bon #18 - Sip Pahl Bon 10 Personal Of Students Choice
- 4. <u>Ho Sin Sool</u> (Self-Defense) Two On Two Wrist Grab

Standardized (II Bon – Sa Bon)

All Previous Techniques (II Bon - Sip Sa Bon)

**Examiners** Choice

### 5. Ja Ya Deh Ryun (Free Fighting)

2 Minute Matches Against 1 Lower Rank

2 Same Rank

6. Kyok Pa (Breaking)

Dwi Oh Dwi Podo Cha Gi Yuk Jin Kong Kyuk (use palm) Two Boards One Board

# 7. Specific Knowledge of Culture and Terminology

Explain SON SOK MEE Explain JUNG SHIN TONG IL Explain PYONG AHN Explain WORK - Reference the book "The Prophet" Explain GIVING What are the Responsibilities of BE-ing a Red Belt? Why E-Dan Cha Gi? Explain Leadership and it's importance in Soo Bahk Do

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

#### 8. Oral Questions

Identify and Explain the 10 Requirements of Physical Training. 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 class.

#### 9. Reading Requirements

Soo Bahk Do Moo Duk Kwan Federation Instructional Guides Jonathan Livingston Seagull The Prophet Grand Master Hwang Kee Grand Master Hwang Kee Richard Bach Kahil Gibran

1 Higher Rank

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