

HIGHLAND PARK SOO BAHK DO – SA BOM NIM JACK KELLY

3th 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)

Chil Sung IL Ro
Chil Song Sam Ro

2. Basic Movement (Gi Cho)

Hand Techniques

Sohn Mok Deung Mahk Kee	Bent Wrist Block (Chungle, Hu Gul & Kema)
Teul Oh Sohn Mok Deung Mahk Kee	Reverse Bent Wrist Block
Yuk Jin Kong Kyuk	Reverse Punch, Back Stance
Yuk Soo Do Mahk Kee	Reverse Knife Hand Block (Hu Gul & Chungle)
Twichibo Chiruki	Simultaneous Upper Cut Punch
Hu 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)

Examiners Choice

3. Il Soo Sik Deh Ryun (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

All Previous Techniques (Il Bon - Sip Sa Bon)

4. Ho Sin Sool (Self-Defense)

Two On Two Wrist Grab

Standardized (Il Bon – Sa Bon)

