

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

## 4<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)

Chil Song IL Ro

Chil Song E Ro

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

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

##### Hand Techniques

Yuk Jin Kong Kyuk

Reverse Punch Back Stance

Yuk Soo Do Kong Kyuk

Reverse Knife Hand (Ridge Hand)

Teul Oh Yuk Soo Do Kong Kyuk

Reverse Ridge Hand

Horizontal Pal Koop Chi Kee

Vertical Elbow Attack

Vertical Pal Koop Chi Kee

Vertical Elbow

Dwi Dull Ryo Chiruki:

Spinning Hand Attacks

-Cap Kwon

-Back Fist

-Kwon Do

-Hammer Fist

-Soo Do

-Knife Hand

Hu Jin - ability to perform all new and previous techniques moving backwards

##### Foot Techniques

Dwi Ahneso Pahkuro Cha Gi

Short Spinning Inside/Outside Kick

Dwi Yup Hu Ri Gi

Long Back Spinning Kick

Goolo Yup Hu Ri Gi

Sliding Hook Kick

Goolo Ahneso Pahkuro Cha Gi

Sliding Inside/Outside Kick

E-Dan Dull Ryo Cha Gi

Jumping Roundhouse Kick

E-Dan Yup Podo Cha Gi

Jumping Side kick

Dwi Oh Dwi Podo Cha Gi

Jump Spinning Back Kick

Yeon Seo Cha Gi (Continuous kicking with one leg)

Examiners Choice

Pi Haqi (Dodging Techniques)

Examiners Choice

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

Standardized techniques

All previous techniques (Il Bon - Sip Bon)

#11 - Sip Il Bon

#13 - Sip Sam Bon

#12 - Sip E Bon

#14 - Sip Sa Bon

10 Personal Techniques

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

## 4<sup>th</sup> Gup Continued

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

One Hand Grabbing Wrist From Side

Standardized Techniques (Il Bon - E Bon)

Two Hands Grabbing Two Wrists From Behind

Standardized Techniques (Il Bon - E Bon)

All lower rank techniques may be asked.

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

2 Minutes Matches Against:

1 Lower Rank

1 Same Rank

1 Higher Rank

6. **Kyok Pa** (breaking)

Dwi Ahneso Pahkuro Cha Gi

One Board

E-Dan Dull Ryo Cha Gi

One Board

E-Dan Yup Podo Cha Gi (Over Students)

Two Boards

Dwi Podo Cha Gi

Two Boards

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

Identify and Explain the 11 Points of Emphasis on Mental Training

Explain Mukyum

Explain the Moo Duk Kwan patch

Explain the Importance of Training

Explain the Importance of Giving

What are the Responsibilities of a 4th Gup?

**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

The Prophet

Kahil Gibran

**Note: Be prepared to give your thoughts and impressions on the required reading at the test**