

HIGHLAND PARK SOO BAHK DO – SA BOM NIM JACK KELLY

5th 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 E Dan & Pyong Ahn Sam Dan
Chil Song E Ro

2. Basic Movement (Gi Cho)

Hand Techniques

Teul Oh Ha Dan Mahk Kee	Reverse Low Block
Teul Oh Sang Dan Mahk Kee	Reverse High Block
Teul Oh Ahneso Pahkuro Mahk Kee	Reverse Inside / Outside Block
Il Chee Kwon Soo	One Finger Attack
Hu Gul Ssang Soo Ha Dan Mahk Kee	Reinforced Low Block, Back Stance
Ssang Soo Ha Da Mahk Kee	Low X Block
Ssang Soo Sang Dan Mahk Kee	High X Block
Hu Jin - ability to perform all new and previous techniques moving backwards	

Foot Techniques

Dwi Ahneso Pahkuro Cha Gi	Short Back Spinning Kick
Goolo Dull Ryo Cha Gi	Sliding Round-House Kick
Twit Cha Gi	Back Kick Watching Opponent
Chit Pal Gi	Stomp Kick

Yeon Seo Cha Gi (Continuous kicking with one leg)

-Ahp Cha Nut Gi Cha Gi, Dull Ryo Cha Gi, Yup Podo Cha Gi
-Pahkeso Ahnuro Cha Gi, Ahneso Pahkuro Cha Gi, Dull Ryo Cha Gi
-Ahp Cha Nut Gi Cha Gi, Yup Podo Cha Gi, Dull Ryo Cha Gi

Pi Haqi (Dodging Techniques)

Side, Back, Down, Jumping Up, Jumping In

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

Standardized Techniques

#9 - Ku Bon #10 - Sip Bon

10 Personal Techniques

All Previous Techniques (Il Bon - Pahl Bon)

4. Ho Sin Sool (Self-Defense)

Same Side Wrist Grip

Two Hands Grabbing One Wrist

Defense Against Two People Grabbing Simultaneously - Demonstrate 5 Techniques

All lower rank techniques may be asked.

Standardized Techniques (Il Bon - Sa Bon)

Standardized Techniques (Il Bon - Sam Bon)

5th Gup Continued

5. **Ja Ya Deh Ryun** (Free Fighting) 2 Minute Matches Against:
1 Lower Rank 1 Same Rank 1 Higher Rank

6. **Kyok Pa** (Breaking)
- | | |
|--|---------------------------------|
| 2 Continuous Hands
(Student's Choice) | One Board each |
| 3 Station Foot Break
(Student's Choice) | One Board each break |
| Jang Kwon | One Patio Tile (see instructor) |

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

Explain SOO DO HAND POSITION
Explain the difference between LINEAR AND ROTARY TECHNIQUES
Identify and Explain the FIVE REQUIREMENTS OF MENTAL TRAINING
Explain the name SOO BAHK DO
Explain OUR SCHOOL PATCH AND / OR FLAG

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 class.

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 thoughts and impressions on the required readings at the test