

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

## 6<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 Cho Dan  
Chil Song E Ro

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

##### Hand Techniques

Chun Gul Ssang Soo Mahk Kee	2 Fist Middle Reinforced Block
Choong Dan Soo Do Mahk Kee	Middle Knife Hand Block
Sang Dan Soo Do Mahk Kee	High Knife Hand Block
Chung Kwan Soo	Middle Spear Hand Attack
Pyong Kwan Soo	High Spear Hand Attack
Sewo Cheruki	Double Middle Punch, Fists Vertical
Hu Jin - ability to perform all new and previous techniques moving backwards	

##### Foot Techniques

Double Ahp Cha Nut Gi	Double Snap Front Kick
Double Yup Podo Cha Gi	Double Side Kick
Double Dull Ryo Cha Gi	Double Round House Kick
Dwi Podo Cha Gi	Spinning Back Kick
Moo Roup Cha Gi	Knee Kick

##### Yeon Seo Cha Gi (Continuous kicking with one leg)

-Ahp Cha Nut Gi Cha Gi, Dull Ryo Cha Gi, Yup Podo Cha Gi

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

Standardized Techniques  
#7 - Chil Bon      #8 - Pahl Bon  
10 Personal Techniques

All Previous Techniques (Il Bon - Yuk Bon)

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

Same Side Wrist Grip  
Cross Hand Wrist Grip  
Two Hands Grabbing One Wrist

Standardized Techniques (Il Bon - Sa Bon)  
Standardized Techniques (Il Bon - Sa Bon)  
Standardized Techniques (Il Bon - Sam Bon)

## **6<sup>th</sup> Gup Continued**

5. **Ja Ya Deh Ryun** (Free Fighting) 2 Minute Matches Against:

1 Lower Rank    1 Same Rank    1 Higher Rank  
New Soo Bahk Do Sparring Combination #1 (2001)

6. **Kyok Pa** (Breaking)

Dull Ryo Cha Gi	One Board
Yup Podo Cha Gi	Two Boards
Dwi Podo Cha Gi	One Board
Dubal Ahp Cha Gi	One Board
3 Station Foot Break (Student's Choice)	One Board each break

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

ALL STANDARD TERMINOLOGY  
Explain Do Jang ETIQUETTE  
Explain THE THEORY OF MUKYUM

Pages 9-11 (Copyright 1994, Gup Manual)

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

8. **Oral Questions**

List and Explain the TEN ARTICLES OF FAITH ON MENTAL TRAINING

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
Zen In The Martial Arts	Joe Hyams

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