# HIGHLAND PARK SOO BAHK DO – SA BOM NIM JACK KELLY 7<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) Gi Cho Hyung Sam Bu Pyong Ahn Cho Dan

# 2. Basic Movement (Gi Cho)

Hand Techniques

Hu Gul Yup Mahk Kee Hu Gul Ha Dan Mahk Kee Hu Gul Sang Dan Mahk Kee Ha Dan Soo Do Mahk Kee Hu Gul Ssang Soo Ahneso Pahkuro Mahk Kee Jang Kwon Teul Oh Jang Kwon Soo Do Kong Kyuk Chun Gul Jaseh Soo Do Kong Kyuk Kee Ma Jaseh

### Foot Techniques

Ahneso Pahkuro Cha Gi Dull Ryo Cha Gi Pahkeso Ahnuro Cha Gi Dwi Oh Ahp Cha Gi Dwi Oh Yup Podo Cha Gi Basic Form #3 Turtle Form #1

Side Block, Back Stance Low Block, Back Stance High Block, Back Stance Low Knife Hand Block Reinforced Side Block Palm Heel Attack Reverse Palm Heel Attack Knife Hand Attack, Front Stance Knife Hand Attack, Horse Stance

Inside / Outside Kick Round House Kick Outside / Inside Kick Jumping Front Kick (no fake) Jumping Side Kick (no fake)

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

Standardized Techniques #1 - #6 IL Bon, E Bon, Sam Bon, Sa Bon, O Bon, Yuk Bon

# 4. Ho Sin Sool (Self-Defense)

Same Side Hand Wrist Grab Standardized Techniques II Bon, E Bon, Sam Bon, Sa Bon

### 5. <u>Ja Ya Deh Ryun</u> (Free Fighting) 2 Minute Matches Against: 1 Lower Rank 1 Same Rar

1 Lower Rank

6. Kyok Pa (Breaking)

Ahp Cha Nut Gi Yup Podo Cha Gi Jang Kwon 1 Same Rank

1 Higher Rank

One Board One Board One Board

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

# 7. Specific Knowledge of Culture and Terminology

Gi Cho	Basics
Hyung	Form
Si Jok	Begin
E Sang	Finish
Kalyo	Break (stop)
Kyuk Pa	Breaking
Ja Ya Deh Ryun	Free-Fighting
Count From One To Ten In Korean:	
Ha Na, Dool, Set, Net, Da Sot, Yuh Sot,	ll Gup, Yo Dull, Ah Hope, Yohl

### 8. Oral Questions

Who created the GI CHO HYUNGS? When were they created? Where were they created? Who is Sa Bom Nim Lawrence Seiberlich and what is his Dan number? What is your Instructor's Dan number?

### 9. Reading Requirements

Soo Bahk Do Moo Duk KwanGrand Master Hwang KeeJonathan Livingston SeagullRichard BachNote: Be prepared to give thoughts and impressions on the required readings at the test