

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

## 8<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)

Gi Cho Hyung E Bu

Basic Form #2

Gi Cho Hyung Sam Bu

Basic Form #3

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

##### Hand Techniques

Sang Dan Mahk Kee

High Block

Sang Dan Kong Kyuk

High Punch

Teul Oh Choong Dan Kong Kyuk

Reverse Middle Punch

Wheng Jin Kong Kyuk

Side Punch, Horse Stance

Cap Kwon Chun Gul Jaseh

Back Fist, Front Stance

Cap Kwon Kee Ma Jaseh

Back Fist, Horse Stance

Sang Dan Soo Do Kong Kyuk

High Knife Hand Attack

Teul Oh Sang Dan Soo Do Kong Kyuk

Reverse Knife Hand Attack

Kwon Do Kong Kyuk

Hammer Fist Attack

Teul Oh Kwon Do Kong Kyuk

Reverse Hammer Fist Attack

Soo Do Mahk Kee Chun Gul Jaseh

Knife Hand Block, Front Stance

Soo Do Mahk Kee Kee Ma Jaseh

Knife Hand Block, Horse Stance

Hu Gul Yup Mahk Kee

Side Block, Back Stance

##### Foot Techniques

Yup Cha Gi

Front Side Kick

Goolo Yup Cha Gi

Sliding Front Side Kick

Yup Podo Cha Gi

Side Kick

Goolo Yup Podo Cha Gi

Sliding Side Kick

Dubal Ahp Cha Nut Gi

Jumping Front Kick (with a fake)

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

Standardized Techniques #1 - Il Bon, #2 - E Bon, #3 - Sam Bon, #4 - Sa Bon

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

Standardized Techniques (Cross Hand Wrist Grip) Il Bon, E Bon, Sam Bon, Sa Bon

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

1 Lower Rank 1 Same Rank 1 Higher Rank

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

6. **Kyuk Pa** (Breaking)

Ahp Cha Nut Gi  
Chang Kwon

1 Board  
1 Board

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

Do Jang	Training Hall
Cha Bo Ja	Beginning Student
Yo Gup Ja	Advanced Student
Yo Dan Ja Nim	Beginning Dan Student
Ko Dan Ja Nim	Advanced Dan Student
Kyo Sa Nim	Certified Instructor
Sa Bom Nim	Master Instructor
Kwan Jang Nim	Grand Master H.C. Hwang

8. **Oral Questions**

Explain KI HAP  
Who is Hwang Kee?  
What is the U.S. Soo Bahk Do Moo Duk Kwan Federation?  
How does it affect you?