

HIGHLAND PARK SOO BAHK DO – SA BOM NIM JACK KELLY

9th 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 Il Bu

Basic Form #1

Gi Cho Hyung E Bu

Basic Form #2

2. Basic Movement (Gi Cho)

Hand Techniques

Ha Dan Mahk Kee

Low Block

Choong Dan Kong Kyuk

Middle Punch

Sang Dan Mahk Kee

High Block

Sang Dan Kong Kyuk

High Punch

Ahneso Pahkuro Mahk Kee

Inside/Outside Block

Pahkeso Ahnuro Mahk Kee

Outside/Inside Block

Foot Techniques

Ahp Podo Oil Ri Gi

Front Stretch Kick

Yup Podo Oil Ri Gi

Side Stretch Kick

Ahp Cha Nut Gi

Front Snap Kick

Yup Podo Cha Gi

Side Kick

Dull Ryo Cha Gi

Round House Kick

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) #1 - #4

6. Specific Knowledge of Culture and Terminology

Name of Art you are studying?

Soo Bahk Do

Name of style or organization?

Moo Duk Kwan

Name of founder of our style?

Kwan Jang Nim Hwang Kee

Korean name for training hall?

Do Jang

Korean name for uniform?

To Bahk

Korean name for Thank You?

Kohm Sam Ni Dah

Sa Bom Nim Jack Kelly's Dan number?

26098