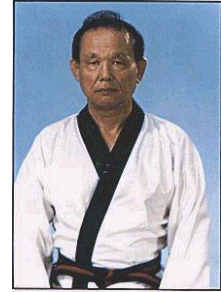




Highland Park Soo Bahk Do

Training For CHO DAN



GENERAL REQUIREMENTS

1. Must be a member in good standing of U.S. Soo Bahk Do Moo Duk Kwan Federation, Inc. and have 3 ½ years consecutive Gup membership in the Federation.
2. Sound moral character.
3. Must be recommended by their Sa Bom/Kyo Sa.
4. No age requirement.
5. Regular weekly Do Jang attendance.
6. Contribution in service to the Korean Soo Bahk Do Association, Moo Duk Kwan or U.S. Soo Bahk Do Moo Duk Kwan Federation, Inc.
7. Must have minimum required evaluations by Regional Examiner or his/her designee.

GENERAL KNOWLEDGE

1. Good knowledge and ability in all lower rank requirements.
2. Assistance in teaching and class responsibilities with ability to conduct formal classes with approval of the Sa Bom/Kyo Sa.
3. Ability to explain the relationships between forms and mental discipline.
4. General knowledge of Grandmaster Hwang Kee's Volume I Textbook.

DEMONSTRATION OF ABILITY

1. Basic Movement (Gi Cho):
Dan Gi Cho
Hand techniques:
All lower belt requirements can be requested. Test of basic movements will be conducted by Korean terminology.
Foot techniques:
All lower belt requirements can be requested. Test of basic movements will be conducted by Korean terminology.
2. Form (Hyung)
Mandatory:
Chil Sung Il Ro, Chil Sung Sam Ro & Du Moon (Adults only)
Optional (Regional Examiners choice): (Adults only)
Passai Hyung or Naihanji Cho Dan Hyung
Examiners may require any lower forms.
3. Endurance (In Neh):
Candidate will be required to demonstrate Pahl Put Ki (horse stance punching) minimum of 120 repetitions, with proper form and power, within a 30 second time period.
4. One-Step Sparring (Il Soo Sik Dae Ryun) #1 through #18
Kids: #1 - #11 (odd numbers only)
5-10 personal techniques
5. Free Sparring (Ja Yu Dae Ryun)

6. Self-Defense (Ho Sin Sool): All wrist grips
Kids: Any one of each type of offensive grip
7. Breaking (Kyok Pa): Jump back kick at the Sang Dan level or Yonsok Kyok Pa with one Soo Gi and one Jok Gi.

Oral Examination

Specific knowledge of Culture written T.A.C. exam.

Sample question:

1. What is the meaning of the words *Moo Duk Kwan*?
When was it founded?
2. What is the meaning of the words *Soo Bahk Do*?
When was the name *Soo Bahk Do* officially adopted by Kwan Jang Nim and the Moo Duk Kwan in Korea?
3. What is the meaning of the words *Cho Dan*?
(The T.A.C. may require more questions.)

Written Examination:

A formal written essay is required of each applicant. This essay will be submitted with the other required information to the Regional Examiner or his/her representatives.

Essay:

- a. What *Soo Bahk Do Moo Duk Kwan* means to me.
- b. Minimum of 1000 words, typewritten and double-spaced.
- c. Due two weeks prior to the testing date.

Take Home Examination:

- a. Junior candidates 15 years and under should refer to the Junior Dan section of the Study Guide for appropriate questions.
- b. Candidates 16 years of age and above should refer to the Adult Dan section of the Study Guide for appropriate questions.

*All candidates should check with the current Study Guide for specific instructions on their requirements.

MISCELLANEOUS:

1. Ground Fighting
2. Ja Yu Dae Ryun against 2 opponents
3. Breaking (Kyok Pa): Dwi Oh Dwi Podo Cha Gi (2/3 boards-see instructor).
Any required Hyung with several breaking stations included (one board each).
4. Candidates should participate in as many regional events prior to the test as possible.
5. Candidates should attend classe(s) to be “seen” by Regional Examiners prior to the test.
6. Personal presentation (see instructor)