

Highland Park Soo Bahk Do

Training For SAM DAN



GENERAL REQUIREMENTS

1. Must be a member in good standing of the Korean Soo Bahk Do Association, Moo Duk Kwan and the U.S. Soo Bahk Do Moo Duk Kwan Federation, Inc.
1. Must be a student of a Sa Bom/Kyo Sa in good standing with the U.S. Soo Bahk Do Moo Duk Kwan Federation Inc.
3. Minimum of 3 years of active training and membership since E Dan promotion.
4. Must be recommended by their Sa Bom/Kyo Sa.
5. Loyalty to the Moo Duk Kwan through their instructor.
6. Sound moral character.
7. Regular Do Jang attendance.
8. Contribution in service to the Korean Soo Bahk Do Association, Moo Duk Kwan and the U.S. Soo Bahk Do Moo Duk Kwan Federation, Inc.
9. Must have minimum required evaluations by the Regional Examiner or his/her designee.
10. Good record of participation in clinics and other activities conducted on Studio, Regional, National, and International levels, under the guidance of the T.A.C.

GENERAL KNOWLEDGE

1. Good knowledge of and ability in all lower rank requirements.
2. Assistance in teaching and class responsibilities with the ability to conduct formal classes upon approval of a certified Sa Bom/Kyo Sa.
3. Ability to explain history, culture, and techniques of the Soo Bahk Do Moo Duk Kwan, from a philosophical and scientific perspective.
4. General knowledge of the information in all books written by Kwan Jang Nim Hwang Kee.

DEMONSTRATION OF ABILITY

1. Basic Movement (Gi Cho) Soo Bahk Do Movement – Hand & Feet

2. Form (Hyung)

Mandatory:

Po Wol, Chil Song Sa Ro, Ro Hai

Optional (Regional Examiners choice):

Naihanji Sam Dan or Pyong Ahn Sa Dan

3. Sparring (Dae Ryun)

Il Soo Sik Deh Ryun (#9-18, and it's applications to Ja Yu Dae Ryun)

Ja Yu Deh Ryun

Da Soo In Deh Ryun (1 15-second drill, 3 3-second drills to demonstrate defensive ability)

4. Self-Defense (Ho Sin Sool):
 - a. Same Side and Cross Elbow Sleeve Grips #1-4
 - b. One On Each Cuff #1-2
 - c. Self Defense against Joong Bong

5. Breaking (Kyok Pa)
E Dan Three station break (any technique authorized by the examining board)

The Examining Board may, at their discretion, require a demonstration of lower level knowledge and techniques.

Oral Examination:

Specific knowledge of culture and history:

Sample questions:

1. Count from 11 to 15 in Korean and Chinese
2. What is the meaning of *Moo Sung* and *Yu Sung* and how does this philosophy apply to you.
3. What does *Moo Pahl Dan Kum* mean?
(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. Describe the essential characteristics of Soo Bahk Do Moo Duk Kwan, which make it unique and differentiates it from other styles.
- b. Answer one of the following:
 1. Explain your understanding of the philosophy of Self-Defense. Include in your explanation, it's meaning, purpose, and basic use.
 2. Describe the origin, nature, and importance of the Yuk Ro Hyungs in the development of Soo Bahk Do Moo Duk Kwan and the training of Dan students.
- c. 1000 to 2000 words, typewritten and double-spaced.
- d. Due two weeks prior to the testing date.

Take Home Examination:

- a. Junior Dan 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.

MISCELLANEOUS:

1. Knife Defense:
 - 5 Federation techniques.
 - Ja Yu Dae Ryun with knife.
 - Tanto Hyung (developed by Sa Bom Nim Seiberlich).
2. Joong Bong:
 - 5 Standardized techniques
 - 5 personal techniques
 - Surprise techniques
3. Re-Reversals:
 - Students choice
4. Giecho:
 - Standardized
 - Dan
5. Ground Fighting
6. Endurance (In Neh):
 - Candidate will be required to demonstrate alternating Ahp Cha Gi
 - Continuous kicking for 30 seconds.
7. Ja Yu Dae Ryun against 3 opponents
8. Personal presentation
9. Assist with teaching responsibilities at Highland Park Soo Bahk Do.
10. Candidate should attend a class observed by each Regional Examiner and recommend a class with Sa Bom Nim Seiberlich.