

Highland Park Soo Bahk Do
Training For
SA DAN & SA BOM



GENERAL REQUIREMENTS

See Dan Manual

GENERAL KNOWLEDGE

See Dan manual

DEMONSTRATION OF ABILITY

See Dan Manual

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

Mandatory:

Yang Pyun, Chil Song O Ro, Sip Soo, Kong Sang Koon
(know all previous Hyungs)

ORAL EXAMINATION:

See Dan Manual

WRITTEN EXAMINATION:

See Dan Manual

MISCELLANEOUS:

1. Knife Defense:
 - 5 Federation techniques
 - Tanto Hyung (developed by Sa Bom Nim Seiberlich).
2. Hyung: So Ho Yin (see instructor)
3. Joong Bong:
 - 5 Federation techniques
4. Giecho:
 - Standardized
 - Dan
5. **Sa Bom Candidates:** Purchase Sa Bom Kit prior to applying
6. Mock Sa Bom Test: The candidate will teach 2 separate 15 minute classes
7. Gup Tests: The candidate will assist with Gup test(s)
8. Administrative Knowledge
9. Candidate will attend a class observed by each Regional Examiner and Sa Bom Nim Seiberlich to be “seen” prior to the test. Remember it is a combination of Regional Examiners and Instructor who give recommendation to Ko Dan Ja.

Revised: 3/2006