

HIGHLAND PARK SOO BAHK DO – SA BOM NIM JACK KELLY

2ND GUP KIDS

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)

- Chil Song IL Ro (#1)
- Chil Song Sam Ro (#3) – first 1/2

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

Hand Techniques

** All Basics/Combinations ARE REQUIRED with Emphasis on Teul Oh Techniques.

- | | |
|----------------------------------|---|
| He Cho Mahk Kee - Spread Block | Il Chee Kwon - Fore Knuckle Attack |
| Jip Kye Son - Plier Hand Attack | E Chee Kwon Soo - Two Finger Attack |
| Yoo Kwon - Soft Fist | Chi Chigi Kong Kyuk - Upper Cut Back Stance |
| Noo Lu Mahk Kee - Pressing Block | |

Foot Techniques (All single jumping kicks ARE REQUIRED)

- | | |
|--------------------------------------|---|
| Du Bal Dwi Podo Cha Gi | Jumping Spinning Back Kick with Fake |
| Du Bal Ahneso / Pahkeso Cha Gi | Flying Inside Outside / Outside Inside Kick |
| Du Bal Pahkeso / Pahkeso Cha Gi | Flying Outside Inside / Outside Inside Kick |
| Dwi Oh Dwi Dull Ryo Ahneso / Pahkeso | Tornado Kick |
| Ahp Me Roup Cha Gi | Front Push Kick |

Note: Hand and Foot combinations are required

Yeon Seo Cha Gi (One Leg Continuously Kicking)

*** All previous Yeon Seo Cha Gi can be requested

Pi Hagi

*** All previous Pi Hagi can be requested

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

- Standardized techniques All previous techniques (Il Bon - Sip Bon)
- Sip Il - Sip E - Sip Sam - Sip Sa
- 5 personal techniques of students choice

Note: Know the names of the different techniques

4. **Ho Sin Sool** (Self Defense)

- Two hands grabbing one wrist Il Bon - Sam Bon
- *** All previous Ho Sin Sool may be requested

2nd Gup Kids Continued

5. **Ja Ya Deh Ryun** (Free Fighting) 2 Minutes Matches Against:
1 Lower Rank 2 Same Rank
1 Higher Rank 1 fighting match from ground
 6. **Kyuk Pa (breaking)**
See Instructor
 7. **Oral Questions**
Any current or past culture and/or terminology can be requested. This includes the Gup Manual, items covered in previous requirement sheets as well as topics discussed in classes.
 8. **Reading Requirements**
SOO BAHK DO MOO DUK KWAN Grand Master Hwang Kee
JONATHAN LIVINGSTON SEAGULL Richard Bach
FEDERATION INSTRUCTIONAL GUIDES Grand Master Hwang Kee
- Note: Be prepared to give thoughts and impressions on the required readings at the test.**