

HIGHLAND PARK SOO BAHK DO – SA BOM NIM JACK KELLY

3RD 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 E Ryo (#2)

2. Basic Movement (Gi Cho)

Hand Techniques ** All Basics and Combinations ARE REQUIRED **

- | | |
|--|---|
| Sohn Mok Deung Mahk Kee | Bent Wrist Block (Chungle, Hu Gul & Kema) |
| Teul Oh Sohn Mok Deung Mahk Kee | Reverse Bent Wrist Block |
| Yuk Jin Kong Kyuk | Reverse Punch, Back Stance |
| Yuk Soo Do Mahk Kee | Reverse Knife Hand Block (Hu Gul & Chungle) |
| Twichibo Chiruki | Simultaneous Upper Cut Punch |
| Hu Jin - ability to perform all new and previous techniques moving backwards | |

Foot Techniques ** All Basics ARE REQUIRED **

- | | |
|------------------------------|---|
| Dwi Yup Hu Ri Gi | Long Back Spinning Kick |
| Du Bal Twit Cha Gi | Flying Back Kick without Spinning |
| Du Bal Ahneso/Pahkeso Cha Gi | Flying Inside-Outside/Outside-Inside Kick |
| Dwi Oh Ahneso Pahkuro Cha Gi | Jumping Inside/Outside Kick |
| Ahp Me Roup Cha Gi | Front Push Kick |
| Pandal Cha Gi | 45 Degree Round House Kick |

Note: All previous kicks can be requested

Yeon Seo Cha Gi (Continuous kicking with one leg)

All previous plus two of students choice

Pi Hagi (Dodging Techniques)

Examiners Choice

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

Standardized Techniques

#7 - Chil Bon #9 - Ku Bon

#8 - Pol Bon #10 - Sip Bon

5 personal techniques of students choice

All Previous Techniques (Il Bon - Yuk Bon)

Note: Know the names of the different techniques

3rd Gup Kids Continued

4. **Ho Sin Sool** (Self-Defense) All Previous Techniques
Two hands grabbing one wrist
Il Bon - Sam Bon

5. **Ja Ya Deh Ryun** (Free Fighting)
2 Minute Matches Against
One Lower Rank Two Same Rank One Higher Rank
6. **Kyuk Pa (breaking)**
E-Dan Yup Podo Cha Gi Flying Side Kick

7. **Oral Questions**
10 Articles of Faith
Gup Manuel

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