

HIGHLAND PARK SOO BAHK DO – SA BOM NIM JACK KELLY

4TH 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 E Ro (#2)
- Pyong Ahn Sam Dan (#3)

2. Basic Movement (Gi Cho)

Hand Techniques

- | | |
|------------------------------|---------------------------------|
| Yuk Jin Kong Kyuk | Reverse Punch Back Stance |
| Yuk Soo Do Kong Kyuk | Reverse Knife Hand (Ridge Hand) |
| Teul Oh Yuk Soo Do Kong Kyuk | Reverse Ridge Hand |
| Horizontal Pal Koop Chi Kee | Vertical Elbow Attack |
| Vertical Pal Koop Chi Kee | Vertical Elbow |
| Dwi Dull Ryo Chiruki: | Spinning Hand Attacks |
| -Kap Kwon | -Back Fist |
| -Kwon Do | -Hammer Fist |
| -Soo Do | -Knife Hand |

Hu Jin - ability to perform all new and previous techniques moving backwards

Foot Techniques

- | | |
|-----------------------------|--------------------------------------|
| Dwi Ahneso Pahkuo Cha Gi | Spinning Inside/Outside (short) Kick |
| Dwi Yup Hu Ri Gi | Long Back Spinning Kick |
| Goolo Yup Hu Ri Gi | Sliding Hook Kick |
| Goolo Ahneso Pahkuro Cha Gi | Sliding Inside/Outside Kick |
| E-Dan Dull Ryo Cha Gi | Jumping Roundhouse Kick |
| E-Dan Yup Podo Cha Gi | Jumping Side Kick |
| Dwi Oh Dwi Podo Cha Gi | Jump Spinning Back 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 Haqi (Dodging Techniques)

Examiners Choice

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

Standardized Techniques All Previous Techniques (Il Bon - Sa Bon)

#5 - Oh Bon #6 - Yuk Bon

Note: Know the names of the different techniques

4th Gup Kids Continued

4. **Hol Sin Sool** (Self-Defense)
Two on One Standardized Techniques (Il Bon – Sam Bon)
5. **Ja Ya Deh Ryun** (Free Fighting)
2 Minute Matches Against
1 Lower Rank 2 Same Rank 1 Higher Rank
6. **Kyuk Pa (breaking)**
See instructor
7. **Specific Knowledge of Culture and Terminology**
Describe and explain our School Patch
Explain the "Kids Code of Conduct"
8. **Oral Questions**
Any current or past culture and/or terminology can be requested. This includes items covered in previous requirement sheets as well as topics discussed in class.

****NOTE: I HIGHLY RECOMMEND THAT YOU PURCHASE AND USE THE FEDERATION INSTRUCTIONAL GUIDES**