# HIGHLAND PARK SOO BAHK DO – SA BOM NIM JACK KELLY **5TH 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

Teul Oh Ha Dan Mahk Kee Reverse Low Block Teul Oh Sang Dan Mahk Kee **Reverse High Block** Teul Oh Ahneso Pahkuro Mahk Kee II Chee Kwon Soo **One Finger Attack** Hu Gul Ssang Soo Ha Dan Mahk Kee Ssang Soo Ha Da Mahk Kee Low X Block Ssang Soo Sang Dan Mahk Kee High X Block Hu Jin - ability to perform all new and previous techniques moving backwards

# Foot Techniques

Dwi Ahneso Pahkuro Cha Gi Goolo Dull Ryo Cha Gi Twit Cha Gi Chit Pal Gi

#### Note: All previous kicks can be requested

Yeon Seo Cha Gi (Continuous kicking with one leg)

-Ahp Cha Nut Gi Cha Gi, Dull Ryo Cha Gi, Yup Podo Cha Gi -Pahkeso Ahnuro Cha Gi, Ahneso Pahkuro Cha Gi, Dull Ryo Cha Gi -Ahp Cha Nut Gi Cha Gi, Yup Podo Cha Gi, Dull Ryo Cha Gi

Pi Hagi (Dodging Techniques) Side, Back, Down, Jumping Up, Jumping In

#### 3. II Soo Sik Deh Ryun (One Step Sparring)

Standardized Techniques #1 - II Bon #3 - Sam Bon #2 - E Bon #4 - Sa Bon

Note: Know the names of the different techniques

Reverse Inside / Outside Block Reinforced Low Block, Back Stance

Short Back Spinning Kick Sliding Round-House Kick Rear Kick Without Spinning Stomp Kick

# 5<sup>th</sup> Gup Kids Continued

4. <u>Ho Sin Sool</u> (Self-Defense)

Cross Wrist Grip Same Side Wrist Grips Standardized Techniques (II Bon - Sa Bon) Standardized Techniques (II Bon - Sa Bon)

5. <u>Ja Ya Deh Ryun</u> (Free Fighting) 2 Minute Matches Against: 1 Lower Rank 1 Same Rank

1 Higher Rank

# 6. Specific Knowledge of Culture and Terminology

Explain SOO DO HAND POSITION Explain the difference between LINEAR AND ROTARY TECHNIQUES Identify and Explain the FIVE REQUIREMENTS OF MENTAL TRAINING Explain the name SOO BAHK DO Explain OUR SCHOOL PATCH AND / OR FLAG

#### 7. Kyuk Pa (breaking)

See instructor

# 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