

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 | Reverse Inside / Outside Block |
| Il Chee Kwon Soo | One Finger Attack |
| Hu Gul Ssang Soo Ha Dan Mahk Kee | Reinforced Low Block, Back Stance |
| 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 | Short Back Spinning Kick |
| Goolo Dull Ryo Cha Gi | Sliding Round-House Kick |
| Twit Cha Gi | Rear Kick Without Spinning |
| Chit Pal Gi | Stomp Kick |

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. Il Soo Sik Deh Ryun (One Step Sparring)

Standardized Techniques

- | | |
|-------------|--------------|
| #1 - Il Bon | #3 - Sam Bon |
| #2 - E Bon | #4 - Sa Bon |

Note: Know the names of the different techniques

