

HIGHLAND PARK SOO BAHK DO – SA BOM NIM JACK KELLY

6TH 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)

Pyong Ahn Cho Dan (#1)
Chil Song E Ro (#2)

2. Basic Movement (Gi Cho)

Hand Techniques

Chungle Ssang Soo Mahk Kee	2 Fist Middle Reinforced Block
Choong Dan Soo Do Mahk Kee	Middle Knife Hand Block
Sang Dan Soo Do Mahk Kee	High Knife Hand Block
Chun Kwan Soo	Middle Spear Hand Attack
Pyong Kwan Soo	High Spear Hand Attack
Sewo Cheruki	Double Middle Punch, Fists Vertical
Hu Jin - ability to perform all new and previous techniques moving backwards	

Foot Techniques

Double Ahp Cha Nut Gi	Double Snap Front Kick
Double Yup Podo Cha Gi	Double Side Kick
Double Dull Ryo Cha Gi	Double Round House Kick
Dwi Podo Cha Gi	Spinning Back Kick
Moo Roup Cha Gi	Knee 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

3. Ja Ya Deh Ryun (Free Fighting) 2 Minute Matches Against:

1 Lower Rank

1 Same Rank

1 Higher Rank

4. Specific Knowledge of Culture and Terminology

Explain Do Jang ETIQUETTE

Explain THE THEORY OF MUK NYUM

5. Kyuk Pa (breaking)

See instructor

6. Oral Questions

Explain the TEN ARTICLES OF FAITH ON MENTAL TRAINING

ALL STANDARD TERMINOLOGY

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