

HIGHLAND PARK SOO BAHK DO – SA BOM NIM JACK KELLY

7TH 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)

Gi Cho Hyung Sam Bu (#3)
Pyong Ahn Cho Dan (#1)

2. Basic Movement (Gi Cho)

Hand Techniques

Hu Gul Yup Mahk Kee	Side Block, Back Stance
Hu Gul Ha Dan Mahk Kee	Low Block, Back Stance
Hu Gul Sang Dan Mahk Kee	High Block, Back Stance
Ha Dan Soo Do Mahk Kee	Low Knife Hand Block
Hu Gul Ssang Soo Ahneso Pakkuro Mahk Kee	Reinforced Side Block
Jang Kwon Kong Kyuk	Palm Heel Attack
Teul Oh Jang Kwon Kong Kyuk	Reverse Palm Heel Attack
Soo Do Kong Kyuk Chun Gul Jaseh	Knife Hand Attack, Front Stance
Soo Do Kong Kyuk Kee Ma Jaseh	Knife Hand Attack, Horse Stance

Foot Techniques

Ahneso Pakkuro Cha Gi	Inside / Outside Kick
Dull Ryo Cha Gi	Round House Kick
Pahkeso Ahnuro Cha Gi	Outside / Inside Kick
Dwi Oh Ahp Cha Gi	Jumping Front Kick (no fake)
Dwi Oh Yup Podo Cha Gi	Jumping Side Kick (no fake)

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

1 Lower Rank	1 Same Rank	1 Higher Rank
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4. Specific Knowledge of Culture and Terminology

Gi Cho	Basics
Hyung	Form
Si Jok	Begin
E Sang	Finish
Kalyo	Break (stop)
Kyuk Pa	Breaking
Ja Ya Deh Ryun	Fighting

Count From One To Ten In Korean: Ha Na, Dool, Set, Net, Da Sot, Yuh Sot, Il Gup, Yo Dull, Ah Hope, Yohl

8. Oral Questions

Explain the "Kids Code of Conduct"