

Soo Bahk Do Moo Duk Kwan Federation

2th GUP Minimum Requirements

General Requirements:

The following are minimum requirements to be eligible for promotion:

- Age Requirements: No minimum age.
- Proof of current federation membership
 - Federation ID Card
- Membership time must equal or exceed required training time
- Must be of sound moral character

Expectation of Performance:

Candidate should be able to demonstrate the following:

- Distant control
- Demonstration of proper intent during physical demonstration
- Proper acceleration of movement to maximum force
- Demonstration or proper ceremony during Il Soo Sik and Ho Shin Sul

Culture, Terminology, and History

Candidate should be able to explain his or her understanding of the following:

- Share any good social experience as a result of your Soo Bahk Do training
- Moo Duk Kwan history
- 8 Key Concepts
- Philosophy of the art

Basic Movement (Gi Cho Bup)

- Hand Techniques (Soo Gi)
 - Cheh Ha Dan Soo Do Ground Block with Knife Hand
Mahk Ke
 - Kwon Do Kong Kyuk Hammer Fist Strike
- Foot Techniques (Jok Gi)
 - Dwi Huri Gi Back Spinning Axe Kick
 - Ee Dan Dwi Cha Gi Jump Back Kick
 - Ee Dan Dwi Ahneso Pahkuro Jump Spinning Axe Kick
Cha Gi
 - Hand and foot combinations using all known techniques, including jump kicks

Hyung (Forms)

- Chil Sung Sam Ro Hyung

Il Soo Sik Deh Ryun (One step sparring)

- Adults: Ship Sam Bon and Ship Sa Bon
- Children: O Bon

Ho Sin Sool (Self defense)

- Adult: Two on Two Wrist Grips – Il Bon and E Bon
- Children: Two on One Wrist Grips – E Bon

Ja Yu Deh Ryun (Free Sparring)

- Free Sparring
- Red Belt Sparring Combinations:
 - Il Bon and Sam Bon

Kyok Pa (Breaking)

- Yuk Soo Do Kong Kyuk or Yup Huri Gi