

# Highland Park Soo Bahk Do

## Training For E DAN



### GENERAL REQUIREMENTS

1. Must be a member in good standing of the Korean Soo Bahk Do Association, Moo Duk Kwan and the U.S. Soo Bahk Do Moo Duk Kwan Federation, Inc.
2. Must be a student of a Sa Bom/Kyo Sa in good standing with the U.S. Soo Bahk Do Moo Duk Kwan Federation Inc.
3. Minimum of 2 years of active training and membership since Cho Dan promotion.
4. Must be recommended by their Sa Bom/Kyo Sa.
5. Loyalty to the Moo Duk Kwan through their instructor.
6. Sound moral character.
7. Regular Do Jang attendance.
8. Contribution in service to the Korean Soo Bahk Do Association, Moo Duk Kwan and the U.S. Soo Bahk Do Moo Duk Kwan Federation, Inc.
9. Must have minimum required evaluations by the Regional Examiner or his/her designee.
10. Good record of participation in clinics and other activities conducted on Studio, Regional, National, and International levels, under the guidance of the T.A.C.

### GENERAL KNOWLEDGE

1. Good knowledge of and ability in all lower rank requirements.
2. Assistance in teaching with the ability to conduct formal classes upon approval of a certified Sa Bom/Kyo Sa.
3. Ability to explain history, culture, and techniques of the Soo Bahk Do Moo Duk Kwan, from a philosophical and scientific perspective.
4. General knowledge of the information in all books written by Kwan Jang Nim Hwang Kee.

### DEMONSTRATION OF ABILITY

1. Basic Movement (Gi Cho) Soo Bahk Do Movement – Hand & Feet  
Dan Gi Cho
2. Form (Hyung)  
**Mandatory:**  
Joong Jol, Chil Sung Sam Ro, Jin Do  
Kids: Chil Sung Il Ro & Sam Ro  
  
**Optional (Regional Examiners choice):** (Adults only)  
Naihanji E Dan or Pyong Ahn E Dan
3. Sparring (Dae Ryun)  
Il Soo Sik Deh Ryun (#1-8, and applications to Ja Yu Dae Ryun)  
Ja Yu Deh Ryun  
Da Soo In Deh Ryun (1 10-second drill, 3 3-second drills)
4. Self-Defense (Ho Sin Sool):  
All Cuff Grips  
Self-Defense against practical knife
5. Breaking (Kyok Pa)  
E-Dan Yang Bal Cha Gi or any technique requested by the Examining Board

The Examining Board may, at their discretion, require a demonstration of lower level knowledge and techniques.

**Oral Examination:**

Specific knowledge of culture and history:

Sample questions:

1. What is the motivation for the name of the Chil Sung Hyungs?
2. What is the meaning of the words *Neh Ga Ryu* and *Weh Ga Ryu*?
3. What is the meaning of *Ryu Pa*?

(The T.A.C. may require more questions.)

**Written Examination:**

A formal written essay is required of each applicant. This essay will be submitted with the other required information to the Regional Examiner or his/her representatives.

**Essay:**

- a. "What does your Dan Bon mean to you & how does it relate to the Moo Duk Kwan and its discipline?"
- b. 1000 to 2000 words, typewritten and double-spaced.
- c. Due two weeks prior to the testing date.

**Take Home Examination:**

- a. Junior Dan Candidates 15 years and under should refer to the Junior Dan section of the Study Guide for appropriate questions.
- b. Candidates 16 years of age and above should refer to the Adult Dan section of the Study Guide for appropriate questions.

All candidates should check with the current Study Guide for specific instructions on their requirements.

**MISCELLANEOUS:**

1. Knife Defense:
  - Five (5) Federation techniques.
  - Ja Yu Dae Ryun with knife.
  - Tanto Hyung (developed by Sa Bom Nim Seiberlich).
  - Five-ten (5-10) personal knife defense techniques
  - Surprise knife defense
2. Ground Fighting
3. Endurance (In Neh): Candidate will be required to demonstrate Dwi Oh Ahp Chagi, Continuous kicking for 60 seconds
4. Ja Yu Dae Ryun against 2 opponents
5. Personal presentation
6. Ho Sin Sool Reversals
7. Assist with teaching responsibilities at Highland Park Soo Bahk Do.
8. Candidates should participate in as many regional events as possible prior to the test.
9. Candidate will attend classes observed by Regional Examiners to be "seen" prior to the test.