

HIGHLAND PARK SOO BAHK DO – SA BOM NIM JACK KELLY

1ST 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.
5. Service to your Do Jang.

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 Sam Ro (#3)

** Ability to perform all current and past Hyungs against opponents

2. Basic Movement (Gi Cho)

Hand Techniques

Mong Dongi

Two Fist U Punch

He Cho Mahk Kee

Spread Block

Choi Ha Dan Soo Do Mahk Kee Low Knife Block, Low Crouching Stance

Hu Jin - Ability to perform all new and previous techniques moving backwards

Foot Techniques

Beet Cha Gi

Reverse Round House Kick

Dwi Oh Dwi Yup Hu Ri Gi

Leaping Back Spinning Kick

Chirumyo Cha Gi

Simultaneous Side Kick and High Punch

Dubal Beet Cha Gi

Flying Scissors Kick

Note: Hand and Foot combinations are required

Yeon Seo Cha Gi (One Leg Continuously Kicking)

*** All previous Yeon Seo Cha Gi can be requested

3. Il Soo Sik Deh Ryun (One Step Sparring)

Standardized techniques

All previous techniques (Il Bon - Sip E Bon)

Sip Oh - Sip Yuk - Sip Chil - Sip Pal

5 personal techniques of students choice

4. Ho Sin Sool (Self Defense)

Side Grab

Il Bon, E Bon

Behind Grab

Il Bon, E Bon

Two on Two Grab

Il Bon – Sa Bon

** All previous Ho Sin Sool may be requested

1st Gup Kids Continued

5. **Ja Ya Deh Ryun** (Free Fighting) 2 Minutes Matches Against:
1 Lower Rank 2 Same Rank
1 Higher Rank 1 fighting match from ground
1 Match Da Soo In Deh Ryun - Fighting Against Two Attackers
6. **Kyok Pa** (Breaking) ***see instructor**
Kwondo Kong Kyuk 1 board
Yup Podo Cha Gi 1 board
Dwi Podo Cha Gi 1 board
7. **Specific Knowledge of Culture and Terminology**
Completion of the Federation Study Guide to Soo Bahk Do textbook Volume I.
(The study guide does not need to be typed)
8. **Oral Questions**
Any current or past culture and/or terminology can be requested. This includes the Gup Manual, items covered in previous requirements sheets, topics discussed in classes, and the 8 key concepts.
9. **Reading Requirements**
SOO BAHK DO MOO DUK KWAN Grand Master Hwang Kee
JONATHAN LIVINGSTON SEAGULL Richard Bach
FEDERATION INSTRUCTIONAL GUIDES Grand Master Hwang Kee
- Note: Be prepared to give thoughts and impressions on the required readings at the test.**

******Special Note****** This is you last test before Cho Dan. It is important to know your requirements well. If you have questions, be sure and ask.