

HIGHLAND PARK SOO BAHK DO – SA BOM NIM JACK KELLY

8TH 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 E Bu	Basic Form #2
Gi Cho Hyung Sam Bu	Basic Form #3

2. Basic Movement (Gi Cho)

Hand Techniques (New Stances: Back Stance, Horse Stance)

Sang Dan Mahk Kee	High Block	
Sang Dan Kong Kyuk	High Punch	
Teul Oh Choong Dan Kong Kyuk	Reverse Middle Punch	
Wheng Jin Kong Kyuk	Side Punch, Horse Stance	Green Stripe
Kap Kwon Chun Gul Jaseh	Back Fist, Front Stance	
Kap Kwon Kee Ma Jaseh	Back Fist, Horse Stance	
Sang Dan Soo Do Kong Kyuk	High Knife Hand Attack	
Teul Oh Sang Dan Soo Do Kong Kyuk	Reverse Knife Hand Attack	
Kwon Do Kong Kyuk	Hammer Fist Attack	
Teul Oh Kwon Do Kong Kyuk	Reverse Hammer Fist Attack	
Soo Do Mahk Kee Chun Gul Jaseh	Knife Hand Block, Front Stance	
Soo Do Mahk Kee Kee Ma Jaseh	Knife Hand Block, Horse Stance	
Hu Gul Yup Mahk Kee	Side Block, Back Stance	

Foot Techniques

Yup Cha Gi	Front Side Kick	
Goolo Yup Cha Gi	Sliding Front Side Kick	Red Stripe
Yup Podo Cha Gi	Side Kick	
Goolo Yup Podo Cha Gi	Sliding Side Kick	
DuBal Ahp Cha Nut Gi	Jumping Front Kick (with a 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

Sa Bom Nim	Certified Master Instructor
Kyo Sa Nim	Certified Instructor
Jo Kyo Nim	Certified Assistant Instructor
Kwan Jang Nim H.C. Hwang	Grand Master
Chung Shin Tong Il	Concentration
Kids Code of Conduct	Class Handout

5. Oral Questions

- Explain Ki Hap
 What is the U.S. Soo Bahk Do Moo Duk Kwan Federation?
 How does it affect you?

Yellow Stripe