

# Children's Testing Requirements





## Children's Requirements for 10<sup>th</sup> Gup (White Belt with Patch)

- Join the US Soo Bahk Do Moo Duk Kwan Federation, Inc.

Call 888-SOO-BAHK. Call Mon - Fri between 9 and 12 in the a.m.

You'll need the following information:

1. Instructor: Oliver Whitcomb—Dan #23268
  2. School: Sawtooth Martial Arts
  3. Studio Certification Number: #SH361
- Complete and fill out appropriate paper work (waiver).
  - Establish starting date (1<sup>st</sup> day of training).
  - Acquire *do bok* (training attire).

### Terminology

- **Soo Bahk Do:** Name of martial art you study.
- **Moo Duk Kwan:** Philosophy of Soo Bahk Do
- **Do jang:** Training hall, studio.
- **Do bok:** Uniform.
- **Sa Bom Nim:** Instructor (certified master level)
- **Yong Gi:** Courage

Age Requirement: 7

Demonstration of Ability: All basics & combos as taught in class

S.M.A. Contact/information:

(208) 720-6088

[mundonim@gmail.com](mailto:mundonim@gmail.com)

[sawtoothmartialarts.com](http://sawtoothmartialarts.com)



## Children's Requirements for 9<sup>th</sup> Gup (White Belt with Blue Stripe)

<b>Ki Cho (Basics)</b>	As learned in class
<b>Hyung (Forms)</b>	Ki Cho Hyung Il Bu (basic form # 1, first half)
<b>Combos</b>	As learned in class
<b>Culture &amp; Terminology</b>	Refer to White Belt Terminology Sheet
<b>Key Concepts</b>	Chung Shin Tong Il (Concentration) Shi Sun (Eye Focus)
<b>Age Requirement:</b>	7

**Training Requirement:** Minimum of 8 hours

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Children's Requirements for 8<sup>th</sup> Gup (Orange Belt)  
*(All Previous Requirements Plus)*

<b>Ki Cho (Basics)</b>	As learned in class.
<b>Hyung (Form)</b>	Ki Cho Hyung Il Bu
<b>Ho Sin Sul (Self Defense)</b>	Cross Hand Wrist Grip Il Bon (Federation #1)
<b>Culture &amp; Terminology</b>	Refer to White/Orange Belt Terminology Sheet Refer to Gup & Dan Manual
<b>Key Concept</b>	In Neh (endurance/patience)

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Children's Requirements for 7<sup>th</sup> Gup (Orange Belt with Stripe)  
*(All Previous Requirements Plus)*

<b>Ki Cho (Basics)</b>	As learned in class.
<b>Hyung (Form)</b>	Keicho Hyung Ee Bu Keicho Hyung Sam Bu
<b>Il Soo Shik Dae Ryun (One Step Sparring)</b>	Il & Ee Bon (Federation 1 & 2)
<b>Ja Yu Dae Ryun (Free Sparring)</b>	Basic understanding of defense & offense
<b>Ho Shin Sul (Self Defense)</b>	Defense against cross grabs
<b>Key Concepts</b>	Chung Jik (honesty) Um/Yang (balance of opposites such as offense and defense, hard and soft, etc.)
<b>Culture &amp; Terminology</b>	Refer to White/Orange Terminology Sheet Refer to Gup & Dan Manual

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Children's Requirements for 6<sup>th</sup> Gup (Green Belt with Trim)  
*(All Previous Requirements Plus)*

<b>Ki Cho (Basics)</b>	As taught in class
<b>Hyung (Form)</b>	Pyong Ahn Cho Dan
<b>Il Soo Shik Dae Ryun (One Step Fighting)</b>	Sam & Sa Bon (Federation 4 & 5)
<b>Ho Shin Sul (Self Defense)</b>	Defense against straight grabs
<b>Ja Yu Dae Ryun</b>	Free Sparring (application of technique and philosophy to sparring)
<b>Kyuk Pa (Breaking)</b>	As practiced in class
<b>Key Concepts</b>	Kyum Son (humility) Pyong Ahn (Peaceful Confidence)
<b>Culture &amp; Terminology</b>	Refer to Green Belt Terminology Sheet Refer to Gup & Dan Manual

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Children's Requirements for 5<sup>th</sup> Gup (Green Belt with Stripe)  
*(All Previous Requirements Plus!)*

<b>Ki Cho (Basics)</b>	As taught in class.
<b>Hyung (Form)</b>	Chil Sung Ee Lo
<b>Il Soo Shik Dae Ryun (One Step Fighting)</b>	Review 1 - 4 Self-Designed Il Soo Shik
<b>Ho Sin Sul (Self Defense)</b>	Straight Grabs
<b>Ja Yu Dae Ryun</b>	Free Sparring (lateral movement)
<b>Kyuk Pa (Breaking)</b>	As practiced in class
<b>Key Concepts</b>	Him Cho Chung (control of power) Chil Sung (seven stars)
<b>Culture &amp; Terminology</b>	Refer to Green Belt Terminology Sheet Refer to Gup and Dan Manual

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Children's Requirements for 4<sup>th</sup> Gup (Green Belt with Two Stripes)  
(All Previous Requirements Plus)

<b>Ki Cho (Basics)</b>	Combinations as taught in class.
<b>Hyung (Form)</b>	Pyong Ahn Sam Dan Chil Sung Il Lo (begin learning, not required for test)
<b>Il Soo Shik Dae Ryun (One Step Fighting)</b>	Review 1-4/Self-Designed
<b>Ho Sin Sul (Self Defense)</b>	Defense against Straight Grabs
<b>Ja Yu Dae Ryun</b>	Free Sparring (Application of Discipline/Respect into sparring)
<b>Kyuk Pa (Breaking)</b>	As practiced in class
<b>Key Concepts</b>	Shin Chook (tension & relaxation)
<b>Culture &amp; Terminology</b>	Essay- <u>Your Favorite Area of Training</u> Refer to Green Belt Terminology Sheet Refer to Gup & Dan Manual

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Children's Requirements for 3<sup>rd</sup> Gup (Red Belt with Trim)  
*(All Previous Requirements Plus)*

<b>Basics</b>	Combinations as taught in class.
<b>Hyung (Form)</b>	Chil Sung Ee Lo Chil Sung Il Lo
<b>Il Soo Shik Dae Ryun (One Step Fighting)</b>	Oh & Yuk Bon (Federation 5 & 6)
<b>Ho Sin Sul (Self Defense)</b>	Demonstrate all cross and straight grabs spontaneously (four total)
<b>Ja Yu Dae Ryun</b>	Free Sparring (application of technique, philosophy, and discipline and respect in sparring)
<b>Kyuk Pa</b>	As practiced in class
<b>Key Concepts</b>	Wan Gup (speed control) Five Moo Do Values (history, tradition, discipline/respect, philosophy, & technique)
<b>Culture &amp; Terminology</b>	Essay: <u>Philosophy of our Ranking System</u> Refer to White, Orange, & Green Terminology Sheets Refer to Gup & Dan Manual

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Children's Requirements for 2<sup>nd</sup> Gup (Red Belt with Stripe)  
(All Previous Requirements Plus)

<b>Ki Cho (Basics)</b>	Combinations as taught in class.
<b>Hyung (Form)</b>	Chil Sung Sam Lo
<b>Il Soo Shik Dae Ryun (One Step Fighting)</b>	Chil and Pal Bon (Federation 7 & 8) Self-Designed
<b>Ho Sin Sul (Self Defense)</b>	Defense against two on one grab
<b>Ja Yu Dae Ryun</b>	Free Sparring (application of History & Tradition to sparring)
<b>Kyuk Pa</b>	As practiced in class
<b>Key Concepts</b>	Weh Gong (external Power, use of huri) Neh Gong (internal Power, use of breath) Shim Gong (spiritual power, proper intent/focus)
<b>Culture &amp; Terminology</b>	Essay: <u>How the Eight Key Concepts Apply to Your Everyday Life</u> Refer to Red Belt Terminology Sheet Refer to Gup & Dan Manual
<b>Additional Requirements</b>	Participation of regional/national events as able. Assist teaching classes and mentor junior members

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Children's Requirements for 1<sup>st</sup> Gup (Red Belt with 2 Stripes)  
(All Previous Requirements Plus)

<b>Soo Bahk Ki Cho</b>	All combinations as taught in class
<b>Hyung (Form)</b>	Chil Sung Sam Lo Hyung Du Mun (optional)
<b>Il Soo Shik Dae Ryun (One Step Fighting)</b>	Ku and Ship Bon (Federation 9 & 10) Self-Designed
<b>Ho Sin Sul (Self Defense)</b>	Defense against two on two grabs
<b>Ja Yu Dae Ryun</b>	Free Sparring (demonstration of understanding of the Five Moo Do Values into action when sparring)
<b>Kyuk Pa</b>	E Dan Dwi Podo Chagee
<b>Key Concepts</b>	Weh Gong Neh Yu (strong inside/soft outside)
<b>Culture &amp; Terminology</b>	Essay: <u>Explain the Significance of Each of the Five Moo Do Values</u> Refer to Red Belt Terminology Sheet Refer to Gup & Dan Manual
<b>Additional Requirements</b>	Participation of regional/national events as able. Assist teaching classes and mentor junior members

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