

Adult's Testing Requirements



Requirements for 10th Gup (White Belt with Patch)

- Join the US Soo Bahk Do Moo Duk Kwan Federation, Inc.
Call **888-SOO-BAHK** for your Fed. Membership. You'll need the following information:
 1. Instructor: Oliver Whitcomb—Dan #23268
 2. School: Sawtooth Martial Arts
 3. Studio Certification Number: #SH361

(When you show me proof of you membership, I will give you your federation patch and Manual.)

- Complete and fill out appropriate paper work.
- Establish starting date.
- 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
- **Yong Gi:** Courage

Age Requirement: 7



Adult Requirements for 9th Gup (White Belt with Blue Stripe)

Ki Cho (Basics)	As learned in class.
Combos	As learned in class.
Culture & Terminology	Moo: Martial, Prevent Conflict Chung Shin Tong Il: Concentration Shi Sun: Eye Focus Stance: Jaseh Attack: Kong Kyuk Block: Mahkee Kick: Chagee
Age Requirement:	7

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S.M.A. Contact/information:

- (208) 788-7668
- mundonim@gmail.com
- thegatewaysv.com



Adult Requirements for 8th Gup (Orange Belt)
(All Previous Requirements Plus!)

Ki Cho (Basics)	As learned in class.
Hyung (Form)	Ki Cho Hyung Il Bu, Ee Bu, & Sam Bu
Il Soo Sik Dae Ryun (One Step Sparring)	Il Bon, Ee Bon (#1, #2)
Ja Yu Dae Ryun (Free Sparring)	Linear Sparring
Ho Sin Sul (Self Defense)	Cross Grabs (release, and pressure)
Culture & Terminology	Huri: Proper Use of the Waist Um/Yang: Harmony of Opposites Chung Jik: Honesty Ha Dan: Low Choong Dan: Middle Sang Dan: High

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Adult Requirements for 7th Gup (Orange Belt with Stripe)
(All Previous Requirements Plus!)

Ki Cho (Basics)	As learned in class.
Hyung (Form)	Keicho Hyung Ee Bu Keicho Hyung Sam Bu
Il Soo Shik Dae Ryun (One Step Sparring)	Sam Bon, Sa Bon (#3, #4)
Ja Yu Dae Ryun (Free Sparring)	
Ho Shin Sul (Self Defense)	Straight Grab , (release & pressure)
Culture & Terminology	Keicho Hyung: History & Characteristics Shin Chook: Tension/Relaxation Wan Gup: Slow & Fast (Speed Control) Soo Do: Knife Hand Kwan Do: Knife Fiist Gap Kwan: Back Fist

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Adult Requirements for 6th Gup (Green Belt with Trim)
(All Previous Requirements Plus)

Ki Cho (Basics)	As taught in class
Hyung (Form)	Pyong Ahn Cho Dan
Il Soo Shik Dae Ryun (One Step Fighting)	Oh & Yuk Bon, (Federation #5 & 6)
Ho Shin Sul (Self Defense)	All Cross and Straight Grab techniques
Ja Yu Dae Ryun	<i>Free Sparring</i>
Kyuk Pa (Breaking)	<i>Pahl Koop or Yup Podo Chagee</i> (Elbow) (Side Kick)
Culture & Terminology	Pyong Ahn: (Peaceful Confidence) Him Cho Chung: Control of Power Yuk Soo: Ridge Hand Ahnese Pakuro: Inside/Outside Pakesu Ahnuro: Outside/Inside Dwi Podo: Back Snap (Kick) Dwi Ahnesu Pakuro: Back Inside Outside (Kick)

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Adult Requirements for 5th Gup (Green Belt with Stripe)
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Ki Cho (Basics)	As taught in class.
Hyung (Form)	Chil Sung Ee Lo Pyong Ahn Ee Dan (Optional)
Il Soo Shik Dae Ryun (One Step Fighting)	Chil & Pal Bon/Self-Designed
Ho Sin Sul (Self Defense)	Review Cross & Same Side Wrist Grips (Releases and Pressures)
<i>Ja Yu Dae Ryun</i>	Free Sparring
Kyuk Pa (Breaking)	Pahl Koop (Elbow)
Culture & Terminology	Chil Sung (7 Stars) Kyum Son: Humility Ee Ma Kong Kyuk: Forehead (attack) Ee Dan Chagee: Jump Kicks Hwak Kuk: Double, long strikes

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Adult Requirements for 4th Gup (Green Belt with Two Stripes)
(All Previous Requirements Plus!)

Ki Cho (Basics)	Combinations as taught in class.
Hyung (Form)	Pyong Ahn Sam Dan
Il Soo Shik Dae Ryun (One Step Fighting)	Gu & Ship Bon
Ho Sin Sul (Self Defense)	Review Cross & Same Side Wrist Grips (Releases and Pressures)
Ja Yu Dae Ryun	Free Sparring
Kyuk Pa (Breaking)	Yup Podo Chagee (Side Kick)
Culture & Terminology	Essay (Your favorite part of training) In Neh: Indurance Birth date of Moo Duk Kwan: 11/09/45

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Adult Requirements for 3rd Gup (Red Belt)
(All Previous Requirements Plus!)

Ki Cho (Basics)	Combinations as taught in class.
Hyung (Form)	Chil Sung Il Lo
Il Soo Shik Dae Ryun (One Step Fighting)	Ship Il & Ee Bon/Self-Designed
Ho Sin Sul (Self Defense)	Two on One Grab (Releases & Pressures)
Ja Yu Dae Ryun	Free Sparring
Kyuk Pa (Breaking)	Dwi Podo Chagee, Ee Dan Dollyo Chagee, Tulo Choong Dan Kong Kyuk
Culture & Terminology	Essay (Your favorite part of training) Shin Chook: Tension & Relaxation

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