

1st Gup Promotion Requirements

General Requirements

The following are minimum requirements to be eligible for promotion:

- Age requirements: No minimum age
- Proof of current federation membership
 - Federation ID Card
- Membership time must equal or exceed required training time
- Must be of sound moral character

Expectations of Performance

Candidate should be able to demonstrate the following:

- Distance control
- Demonstration of proper intent during physical demonstration
- Proper acceleration of movement to maximum force
- Demonstration of proper ceremony during Il Soo Sik and Ho Shin Sul

Culture, Terminology, and History

Candidate should be able to explain his or her understanding of the following:

- Describe some of the unique areas of the Moo Duk Kwan (unique areas as highlighted in the Vision Tour.
- Personal growth benefits from Soo Bahk Do training
- Meaning of “Do”

1st Gup

Demonstration of Ability

- **Basic Movements (Ki Cho Bup)**

- **Hand Techniques (Soo Gi)**

Double Back Fist Strike	Jang Kap Kwon Kong Kyuk
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- **Foot Techniques (Jok Gi)**

Inverted Roundhouse Kick	Peet Cha Gi
Jump Back Spinning Axe Kick	Ee Dan Dwi Ahneso Pahkuro Cha Gi
Jump Back Spinning Heel Kick	Ee Dan Dwi Huri Gi
Hand and foot combinations using all known techniques, including jump kicks. Demonstrate use of Huri and its flow.	

- **Forms (Hyung)**

- Adults: Do Moon
 - Children: Chil Sung Sam Ro Hyung

- **One-Step Sparring (Il Soo Sik)**

Adults: Ship O Bon & Ship Yuk Bon
Children: Chil Bon

- **Self-Defense (Ho Shin Sul)**

Adults: Two on two wrist grip

- Sam Bon & Sa Bon

Children: Two on one wrist grip

- E Bon

- **Free Sparring (Ja Yu Deh Ryun)**

Free sparring combination with utilization of Tuel Oh Jang Kap Kwon Kong Kyuk)

- **Breaking (Kyok pa)**

Tuel Oh Jang Kap Kwon Kong Kyuk or Dwi Huri Gi