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## 2<sup>nd</sup> 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:

- Share any good social experience as a result of your Soo Bahk Do training
- Moo Duk Kwan history
- 8 Key Concepts
- Philosophy of the art

## 2<sup>nd</sup> Gup

### Demonstration of Ability

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

- Hand Techniques (Soo Gi)**

Ground Block with Knife Hand	Cheh Ha Dan Soo Do Mahk Kee
Hammer Fist Strike	Kwon Do Kong Kyuk

- Foot Techniques (Jok Gi)**

Back Spinning Heel Kick	Dwi Huri Gi
Jump Back Kick	Ee Dan Dwi Cha Gi
Jumping Spinning Axe Kick	Ee Dan Dwi Ahneso Pahkuro Cha Gi
Hand and foot combinations using all known techniques, including jump kicks	

- **Forms (Hyung)**

Chil Sung Sam Ro Hyung

- **One-step sparring (Il Soo Sik)**

Adults: Ship Sam Bon & Ship Sa Bon

Children: O Bon

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

Adults: Two on two wrist grip

- Il Bon & Ee Bon

Children: Two on one wrist grip

- Il Bon

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

Free sparring

Red belt sparring combinations:

- Il Bon & Sam Bon

- **Breaking (Kyok Pa)**

Yuk Soo Do Kong Kyuk or Yup Huri Gi