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## **3<sup>rd</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:

- Proper Moo Do Jaseh
- Proper Shi Sun
- Demonstrate 8 Key Concepts

### **Culture, Terminology, and History**

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

- Specify any three (3) of your favorite 8 Key Concepts in Korean
- Discuss the benefits of the 8 Key Concepts
- History of the founding of the Moo Duk Kwan
- Five Moo Do Values
- 10 Articles of Faith on Mental Training

## 3<sup>rd</sup> Gup

### Demonstration of Ability

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

- Hand Techniques (Soo Gi)**

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

Back Spinning Axe Kick	Dwi Ahneso Pahkuro Cha Gi
Jump Roundhouse Kick	Ee Dan Dollyo Cha Gi
Jump Inside To Outside Kick	Ee Dan Ahneso Pahkuro Cha Gi
Hand and foot combinations using all known techniques, including jump kicks.	

- **Forms (Hyung)**

Chil Sung Il Ro

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

Adults: Ship Il Bon & Ship E Bon

Children: Sam Bon

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

Adults: Two on one wrist grip

- Il Bon - Sam Bon

Children: Same Side Grip

- E Bon

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

Free Sparring

- **Breaking (Kyok Pa)**

Tuel Oh Choong Dan Kong Kyuk or E Dan Dollyo Cha Gi