

4th 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 focus of weapon to target
- Proper respect to senior and junior members
- Proper weapon discipline
- Proper process of 'chain of command' in hand/foot basics
- Proper demonstration of 8 Key Concepts

Culture, Terminology, and History

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

- Specify three (3) of your favorite 8 Key Concepts in Korean and explain how they help you in your training
- Humility: Kyum Son
- Basic Terminology
- Significance of the Moo Duk Kwan flag

4th Gup

Demonstration of Ability

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

Hand Techniques (Soo Gi)

High Knife Hand Block	Sang Dan Soo Do Mahk Kee
High Two Hand Block	Sang Dan Ssang Soo Mahk Kee

Foot Techniques (Jok Gi)

Side Hook Kick	Yup Huri Gi
Hand and foot combinations using all known techniques	

- **Forms (Hyung)**

Chil Sung E Ro

Chil Sung Il Ro

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

Adults: Gu Bon & Ship Bon

Children: Il Bon

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

Same Side Grip

- Adults: Sam Bon & Sa Bon

- Children: Il Bon

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

Free sparring

Green Belt combinations:

- Sam Bon & Sa Bon

- **Breaking (Kyok Pa)**

Jang Kwon Kong Kyuk or Dollyo Cha Gi