

# 5<sup>th</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 Ki Hap, spirit, and Moo Do Jaseh
- Proper focus (Shi Sun)
- Proper respect to senior and junior members
- Proper weapon discipline
- Proper process of 'chain of command' in hand/foot basics
- Proper demonstration of speed control (Wan Gup)

### Culture, Terminology, and History

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

- Adults: Discuss personal benefits from your Soo Bahk Do training and the 8 Key Concepts.
- Children: List favorite 8 Key Concept and why
- Meaning of *Chil Sung*
- Honesty: Chung Jik
- Korean numbers: Il - Ship
- Questions about protocol and etiquette

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### Demonstration of Ability

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

#### Hand Techniques (Soo Gi)

Middle Knife Hand Block	Choong Dan Soo Do Mahk Kee
Low Two Hand Block	Ha Dan Ssang Soo Mahk Kee
Spear Hand Strike	Kwan Soo Kong Kyuk
Hammer Fist Strike	Kwon Do Kong Kyuk

#### Foot Techniques (Jok Gi)

Outside To Inside Kick	Pahkeso Ahneuro Cha Gi
Jumping Side Kick	Ee Dan Yup Podo Cha Gi
Hand and foot combinations using all known techniques, including use of Huri flow	

- **Forms (Hyung)**

Chil Sung E Ro Hyung

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

Adults: Chil Bon & Pahl Bon

Children: Sam Bon (Side step with block and counter only)

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

Adults: Same Side Grip

- Il Bon & E Bon

Children: Cross Hand Grip

- E Bon

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

Free sparring

Green belt combinations:

- Il Bon & E Bon

- **Breaking (Kyok Pa)**

Kwon Do Kong Kyuk or Dwi Podo Cha Gi