

6th 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, Shi Sun, and 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 speed control (Wan Gup)

Culture, Terminology, and History

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

Discuss any resulted experience outside the do jang connected to the 8 Key Concepts

Terminology:

Basic: Gi Cho	Form: Hyung	Attention: Cha Ryut
Attack: Kong Kyuk	Meditation: Muk Nyum	Return: Ba Ro
Defense: Mahk Kee	Begin: Si Jak	Endurance: In Neh
Bow: Kyung Reh	Sparring: Deh Ryun	

6th Gup Demonstration of Ability

• Basic Movements (Ki Cho Bup)

Hand Techniques (Soo Gi)

Low Knife Hand Block	Ha Dan Soo Do Mahk Kee
Two Fist Middle Block	Chung Gul Ssang Soo Ahneso Pahkuro Mahk Kee
Hammer Fist Strike	Kwon Do Kong Kyuk

Foot Techniques (Jok Gi)

Inside to Outside Kick	Ahneso Pahkuro Cha Gi
Back Thrust Kick	Dwi Cha Gi
Hand and foot combinations using all known techniques	

• Forms (Hyung)

Pyong Ahn Cho Dan

• One-Step Sparring (Il Soo Sik)

Adults: O Bon & Yuk Bon

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

• Self-Defense (Ho Shin Sul)

Cross Hand Grip

- Adults: Sam Bon & Sa Bon
- Children: Il Bon

• Free Sparring (Ja Yu Deh Ryun)

Free sparring

Orange belt combinations:

- Sam Bon - O Bon

• Breaking (Kyok Pa)

Adults: Kwon Do Kong Kyuk or Yup Podo Cha Gi

Children: None