

8th 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 stance and Shi Sun
- Proper placement of elbows in intermediate and completion position for hand techniques
- Proper placement of knee in chamber position for kicking techniques
- Proper striking of the weapon in hand and foot techniques
- Proper protocol within the studio (do jang)

Culture, Terminology, and History

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

- What is your favorite 8 Key Concept and how does it help you in your daily life (school, work, spirit, etc.)?
- 8 Key Concepts
- Belt colors and meaning
- Instructor: Sa Bom Nim / Kyo Sa Nim / Jo Kyo Nim
- Courage
- Seniors / Juniors: Sun Beh / Huh Beh

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Demonstration of Ability

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

- Hand Techniques (Soo Gi)**

High Block	Sang Dan Mahk Kee
Inside to Outside Block	Ahneso Pahkuro Mahk Kee

- Foot Techniques (Jok Gi)**

Roundhouse Kick	Dollyo Cha Gi
Inside To Outside Kick	Ahneso Pahkuro Cha Gi

- **Forms (Hyung)**

Gi Cho Hyung Il Bu

Gi Cho Hyung E Bu

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

Adults: Il Bon - E Bon

Children: None

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

Cross Hand Grip

- Adults: Il Bon
 - Children: Il Bon (first two moves only; release and counter)

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

White Belt Combinations

- Sam Bon - O Bon

- **Breaking (Kyok Pa)**

Not required.