
9th 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:

- Name of the art you study
- Name of the style
- Name of the Founder and current President of Moo Duk Kwan®
- Uniform (Do Bak)
- Studio (Do Jang)
- Protocol for entering and leaving the Do Jang

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Demonstration of Ability

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

Hand Techniques (Soo Gi)

| | |
|--------------|----------------------|
| Low Block | Ha Dan Mahk Kee |
| High Block | Sang Dan Mahk Kee |
| Middle Punch | Choong Dan Kong Kyuk |
| High Punch | Sang Dan Kong Kyuk |

Foot Techniques (Jok Gi)

| | |
|--------------------|-------------------|
| Front Stretch Kick | Ahp Podo Oi Ri Gi |
| Front Thrust Kick | Ahp Cha Nut Gi |

- **Forms (Hyung)**

None

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

Adults: Il Bon & E Bon (Side step with block and counter only)

Children: None

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

Cross Hand Grip

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

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

White Belt Combinations

- Il Bon & E Bon

- **Breaking (Kyok Pa)**

Not required.