

E Dan 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
- Connection of 8 Key Concepts
- Demonstrate Shim Kong, Nae Kong, and Weh Kong
- Demonstration of Shin Chook in movement

Culture, Terminology, and History (submitted as written essay)

See standardized World Moo Duk Kwan questions along with written examinations.

E Dan

Demonstration of Ability

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

All lower belt techniques and requirements
Soo Bahk Do Gi Cho (Il Bon Techniques)
Hand and foot combinations using all known techniques

- **Forms (Hyung)**

Joong Jul
Jin Do
Chil Sung Sam Ro
Pyong Ahn E Dan

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

Adults: Sam Soo Sik Deh Ryun
Children: Il Bon - Ship Chil Bon (odd numbers only)

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

Adults:

- Lower sleeve grips
- Knife (Dhando) defense

Children:

- All wrist grips including Back and Side grips
- Knife (Dhando) defense

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

Free sparring

- **Breaking (Kyok Pa)**

Ee Dan Ssang Bal Cha Gi (Double Jump Front Split Kick) or
Yeon Soo Kyok Pa with one Soo Gi technique and one Jok Gi technique

- **In Neh**

Ahp Bal Ahp Cha Nut Gi (lead leg) performed in Hu Gul Jaseh - Thirty (30) seconds of continuous kicking with focus on power, speed, and extension for the maximum effectiveness of each kick. Goal: 40 kicks per leg.

Note: Kyok Pa & In Neh can be adjusted subsequent to discussion with Regional Examiner(s) based on age and/or health considerations.