

Sam 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 proper line of technique combined with maximization of acceleration and speed

Culture, Terminology, and History (written essay)

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

Sam Dan

Demonstration of Ability

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

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

- **Forms (Hyung)**

Po Wol
Chil Sung Sa Ro
Ro Hai
Pyong Ahn Sam Dan

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

Jua Deh Ryun (sparring from the ground)

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

Mid-sleeve grips
Staff defense (Jang Bong)

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

Free sparring
Da Soo In Deh Ryun - Double (2 on 1) opponent sparring

- **Breaking (Kyok Pa)**

- Ro Hai

- **In Neh**

Ahp Cha Nut Gi (hopping), alternating each leg for thirty seconds of continuous kicking. Goal: 50 kicks with proper completion of each kick.

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