

# Adult Testing Requirements



Certified member of the U. S. Soo Bahk Do Moo Duk Kwan  
Federation, Inc®.

# WASATCH MARTIAL ARTS ACADEMY

Requirements for 10<sup>th</sup> Gup (White Belt with Patch)

*1 week*

- Join the US Soo Bahk Do Moo Duk Kwan Federation, Inc. Use the Pamphlet found in your New Student Packet
- Complete and fill out appropriate paper work.
- Establish starting date.
- Acquire *do bok* (training attire).

# WASATCH MARTIAL ARTS ACADEMY

Requirements for 9<sup>th</sup> Gup (White Belt with Stripe)

*1 month*

Ki Cho (Basic Techniques)	As Taught In Class
Hyung (Forms)	Ki Cho Hyung Il Bu
Il Soo Shik (One Step Sparring)	1-2 Side Step & Counter
Ho Sin Sul (Self Defense)	Concept of Escaping Grips
Culture & Terminology	As Taught In Class

## Expectations of Performance

- Proper placement of elbows in intermediate and completion position for hand techniques
- Proper placement of knee in chamber position for kicking techniques



# WASATCH MARTIAL ARTS ACADEMY

## Requirements for 8<sup>th</sup> Gup (Orange Belt)

*2 months*

Ki Cho (Basic Techniques)	As Taught In Class
Hyung (Forms)	Ki Cho Hyung E Bu
Il Soo Shik (One Step Sparring)	#1 and #2
Ho Sin Sul (Self Defense)	Cross Grip #1
Kyok Pa (Breaking)	Striking padded targets w/ proper weapon discipline
Culture & Terminology	As Taught In Class

### Expectations of Performance

- Demonstration of proper stance
- Correct striking of the weapon in hand and foot techniques
- Demonstration of proper protocol within the dojang



# WASATCH MARTIAL ARTS ACADEMY

## Requirements for 7<sup>th</sup> Gup (Orange Belt with Stripe)

*3 months*

Ki Cho (Basic Techniques)	As Taught In Class
Hyung (Forms)	Ki Cho Hyung Sam Bu
Il Soo Shik (One Step Sparring)	#3 and #4
Ho Sin Sul (Self Defense)	Cross hand #2
Ja Yu Dae Ryun	Free Sparring
Kyok Pa (Breaking)	Striking padded targets w/ proper weapon discipline
Culture & Terminology	As Taught In Class

### Expectations of Performance

- Demonstration of proper use of huri.
- Correct striking of the weapon in hand and foot techniques
- Demonstration of proper protocol within the dojang



# WASATCH MARTIAL ARTS ACADEMY

Requirements for 6<sup>th</sup> Gup (Green Belt with Trim)

*3 months*

Ki Cho (Basic Techniques)	As Taught In Class
Hyung (Forms)	Pyong Ahn Cho Dan
Il Soo Shik (One Step Sparring)	1-6
Ho Sin Sul (Self Defense)	Cross Grips 1-4
Ja Yu Dae Ryun	Free Sparring
Kyok Pa (Breaking)	Pahl Koop (Elbow)
Culture & Terminology	As Taught In Class

## Expectations of Performance

- Proper process of chain of command in hand/foot basics
- Demonstrate proper respect to senior and junior members



# WASATCH MARTIAL ARTS ACADEMY

## Requirements for 5<sup>th</sup> Gup (Green Belt with Stripe)

*3 months*

Ki Cho (Basic Techniques)	As Taught In Class
Hyung (Forms)	Chil Sung E Lo
Il Soo Shik (One Step Sparring)	#7 and #8
Ho Sin Sul (Self Defense)	Straight Grips #1 and #2
Ja Yu Dae Ryun	Free Sparring
Kyok Pa (Breaking)	Yup Podo Cha Gi (Side Kick)
Culture & Terminology	As Taught In Class

### Expectations of Performance

- Proper Ki Hap and Spirit
- Weapon discipline



# WASATCH MARTIAL ARTS ACADEMY

Requirements for 4<sup>th</sup> Gup (Green Belt with 2 Stripes)

*3 months*

Ki Cho (Basic Techniques)	As Taught In Class
Hyung (Forms)	Chil Sung Il Lo
Il Soo Shik (One Step Sparring)	#9 and #10
Ho Sin Sul (Self Defense)	Straight Grips #3 and #4
Ja Yu Dae Ryun	Free Sparring
Kyok Pa (Breaking)	2 station break
Culture & Terminology	As Taught In Class

## Expectations of Performance

- Proper focus of weapon to target
- Demonstration of speed control (Wan Gup)
- Demonstration of breath control (Ho Hoop)



# WASATCH MARTIAL ARTS ACADEMY

Requirements for 3<sup>rd</sup> Gup (Red Belt with Trim)

*3 months*

Ki Cho (Basic Techniques)	As Taught In Class
Hyung (Forms)	Yuk Ro Cho Dan (Du Mun)
Il Soo Shik (One Step Sparring)	#11 and #12
Ho Sin Sul (Self Defense)	2 on 1
Ja Yu Dae Ryun	Free Sparring
Kyok Pa (Breaking)	Dwi Podo Cha Gi
Culture & Terminology	As Taught In Class

## Expectations of Performance

- Distance Control
- Demonstrate proper ceremony during 1 steps and self defense
- Demonstrate understanding of weh gong, neh gong, shim gong



# WASATCH MARTIAL ARTS ACADEMY

Requirements for 2<sup>nd</sup> Gup (Red Belt with Stripe)

*3 months*

Ki Cho (Basic Techniques)	As Taught In Class
Hyung (Forms)	Chil Sung Sam Lo
Il Soo Shik (One Step Sparring)	#13 and #14
Ho Sin Sul (Self Defense)	2 on 2
Ja Yu Dae Ryun	Free Sparring
Kyok Pa (Breaking)	Any technique Power Break
Culture & Terminology	As Taught In Class

## Expectations of Performance

- Demonstrate Proper Intent during physical demonstration
- Proper acceleration of movements to maximize force



# WASATCH MARTIAL ARTS ACADEMY

Requirements for 1<sup>st</sup> Gup (Red Belt with 2 Stripes)

*6 months*

Ki Cho (Basic Techniques)	As Taught In Class
Hyung (Forms)	Bassai
Il Soo Shik (One Step Sparring)	#15 and #16
Ho Sin Sul (Self Defense)	Side & Back Grips
Ja Yu Dae Ryun	Free Sparring
Kyok Pa (Breaking)	2 station break (2 and 1)
Culture & Terminology	Moo Duk Kwan History 5 Moo Do Values

## Expectations of Performance

- Proper understanding of Shin Chook
- All previous expectations clearly demonstrated



# WASATCH MARTIAL ARTS ACADEMY

Requirements for Cho Dan (Midnight Blue Belt)

*6 months*

Ki Cho (Basic Techniques)	All lower belt techniques and requirements Hand and foot combinations using all known techniques
Hyung (Forms)	Bassai Chil Sung Il Lo Chil Sung Sam Lo Du Mun
Il Soo Shik (One Step Sparring)	Concepts of #1-18
Ho Sin Sul (Self Defense)	All Wrist Grabs
Ja Yu Dae Ryun	Free Sparring
Kyok Pa (Breaking)	E Dan Dwi Cha Gi
Culture & Terminology	Essay Written Test

## Expectations of Performance

- Distance Control
- Demonstrate proper ceremony during 1 steps and self defense
- Demonstrate Proper Intent during physical demonstration
- Proper acceleration of movements to maximize force



# Ki Cho Ki Seul-Basic Movements

## White Belt

Ha Dan Mahkee  
Sang Dan Mahkee

Choong Dan Kong Kyuk  
Teul Oh Choong Dan Kong  
Kyuk

Ahp Cha Gi  
Dullryo Cha Gi  
Ahnese Pakuro Cha Gi

## Orange Belt

Ahnese Pakuro Mahkee  
Pakesu Ahnuro Mahkee  
Ha Dan Soo Do Mahkee  
Choong Dan Soo Do Mahkee  
Yup Mahkee

Wheng Jin Kong Kyuk  
Pahl Koop  
Jang Kwan  
Kap Kwan  
Soo Do

Yup Podo Cha Gi  
Pakesu Ahnuro Cha Gi  
E Dan Ahp Cha Gi  
E Dan Dullryo Cha Gi

## Green Belt

Ssang Soo Ha Dan Mahkee  
Ssang Soo Ahnese Pakuro  
Mahkee  
Ssang Soo Sang Dan Mahkee

Kwan Soo  
Kwan Do  
Yuk Soo Do

Dwi Podo Cha Gi  
Dwi Ahnese Pakuro Cha Gi  
E Dan Yup Podo Cha Gi  
To Kai Cha Gi

## Red Belt

Yang Mahkee  
Choi Ha Dan Soo Do Mahkee  
Bal Ja Ba Mahkee  
Yuk Soo Do Mahkee  
Pahl Mok

Ban Jul Kwan Soo  
Son Mok Deung  
Jip Kay Son  
Il Ji Kwan  
Il Ji Kwan Soo  
Yuk Jin Kong Kyuk

Yup Hu Ri Gi  
Dwi Yup Hu Ri Gi  
Dwi Dullroy Cha Gi  
E Dan Dwi Podo Cha Gi  
E Dan Dwi Ahnese/Pakuro  
Chagi  
E Dan Dwi Pakesu Ahnuro  
Chagi  
Chit Pahl Gi

## You Dan Ja

Hwa Kuk Jang Kap Kwan  
Hwa Kuk Jang Kwan Do  
Do Mal Shik  
Po Wol She  
Ta Ko Shik  
Yo Shik  
Yoo Kwan

Ap Mi Ro Cha Gi  
Peet Cha Gi  
Du Bal Cha Gi  
SSang Bal Cha Gi  
Yeon Sok Cha Gi



## Extra Hyung Material

- Ki Cho Hyung Il Bu Son Gup
- Ki Cho Hyung E Bu Son Gup
  
- Pyong Ahn E Dan
- Pyong Ahn Sam Dan
- Pyong Ahn Sa Dan
- Pyong Ahn O Dan
  
- Naihanji Cho Dan
- Naihanji E Dan
- Naihanji Sam Dan
  
- Bong Hyung Il Bu
- Bong Hyung E Bu
  
- Dham Doi Ship E Ro

