

## 4<sup>TH</sup> GUP GREEN BELT, 2 BLUE STRIPES » 3<sup>RD</sup> GUP RED BELT

### General

Must be a member of the U.S. Soo Bahk Do Moo Duk Kwan Federation

**Time In Grade:** 4 Months; Regular 2x/week attendance minimum

Must exhibit proper discipline as a Moo Duk Kwan member.

Spotlights: 1 (Red Stripe)

### Performance Expectations

- Good Habits in preparing for techniques and holding completed positions without reminders.
- Noticeable use of stances to create power in techniques.
- Demonstrate the difference between defensive and offensive use of hip.

### Technical Demonstration

#### KI CHO (BASIC MOVEMENTS)

High Knife Hand Block in Back Stance	(Hu Gul) Sang Dan Soo Do Mahk Kee
Short Reverse Punch	Yuk Jin Kong Kyuck
Front Low Block/Rear High Inside-Outside Block (in Back Stance)	(Hu Gul) Ha Dan Yup Mahk Kee
Jumping Inside-Outside Kick	E Dan Ahneso Pahkuro Cha Gi

**HYUNG (FORM)** – Pyung Ahn O Dan

**HO SIN SUL (SELF DEFENSE)**– Review All

**IL SOO SIK DEH RYUN (ONE STEP SPARRING)**– Review All

**KYOK PA (BOARD BREAKING)**– Dwi Hu Ri Gi

### HISTORY AND TERMINOLOGY:

Shin Chook	Tension & Relaxation (Eight Key Concept #7)
Wahn Gup	Speed Control (Eight Key Concept #8)
Gup Bon	Know your gup number and explain its importance.
Dan Bon	Know your instructor's Dan # (Mr. Rupert's is 43822)
Be able to recite all of the Eight Key Concepts in order, in both English and in Korean, and explain one that is most meaningful to you in your training.	

心  
功

**SHIM KHANG** means **Mental or Spiritual Power**. Unifying the External and Internal functions of the body is not enough to become a true martial artist without **Intent**. Shim Khang directs your eye focus, direction of action, and weapon discipline.

# GUP TESTING REQUIREMENT GUIDE



MOO DUK KWAN

## GREEN BELT

Test Ranks



6<sup>th</sup> Gup



5<sup>th</sup> Gup



4<sup>th</sup> Gup

Spotlight Stripes



## 6<sup>TH</sup> GUP GREEN BELT » 5<sup>TH</sup> GUP GREEN BELT, BLUE STRIPE

### General

Must be a member of the U.S. Soo Bahk Do Moo Duk Kwan Federation

**Time In Grade:** 4 Months; Regular 2x/week attendance minimum

Must exhibit proper discipline as a Moo Duk Kwan member.

Spotlights: 1 (White Stripe)

### Performance Expectations

- Knowledge of Korean terms for techniques and concepts.
- Strong use and understanding of waist shifting to create power in combinations.
- Demonstrate the difference between defensive and offensive use of hip.

### Technical Demonstration

#### KI CHO (BASIC MOVEMENTS)

Low X-Block	Ha Dan Ssang Soo Mahk Kee
High X-Block	Sang Dan Ssang Soo Mahk Kee
Middle Knife Hand Block (in Back Stance)	(Hu Gul) Choong Dan Soo Do Mahk Kee
Elbow Strike	Pahl Coop Kong Kyuck
Jang Kwon Kong Kyuck	Palm Heel Strike
Spinning Hook Kick ("Long Distance Back Spin Kick")	Dwi Hu Ri Gi ...also Dwi Dollyo Cha Gi (alternate name)

**HYUNG (FORM)** – Pyung Ahn Sam Dan

**HO SIN SUL (SELF DEFENSE)**– Two Hands on One, #1-3 (Children: 1-2)

**IL SOO SIK DEH RYUN (ONE STEP SPARRING)**– #9 & 10

**KYOK PA (BOARD BREAKING)**– Ahneso Pahnkuro Cha Gi

### HISTORY AND TERMINOLOGY:

In Nae (In Neh)	Patience and Endurance (Eight Key Concept #3)
Chung Jik	Honesty (Eight Key Concept #4)
Kwan Gi	Know the meaning of the symbols on the MDK flag
Moo Duk Kwan Anniversary	November 9, 1945.
Pyung Ahn	Balance and Control

外  
功

**WEH KHANG means External Power.** The techniques and physical actions that you perform have profound effect on your body, your well-being, and the well-being of others. As practitioners of a martial art it is crucial to develop control over physical strength.

## 5<sup>TH</sup> GUP GREEN BELT » 4<sup>TH</sup> GUP GREEN BELT, 2 BLUE STRIPES

### General

Must be a member of the U.S. Soo Bahk Do Moo Duk Kwan Federation

**Time In Grade:** 4 Months; Regular 2x/week attendance minimum

Must exhibit proper discipline as a Moo Duk Kwan member.

Spotlights: 1 (White Stripe)

### Performance Expectations

- Strong demonstration of basic techniques and lower belt material.
- Strong distance control with partner and weapon discipline (striking with correct area).
- Knowledge of basic history of our art and its creation.

### Technical Demonstration

#### KI CHO (BASIC MOVEMENTS)

High Knife Hand Block in Back Stance	(Hu Gul) Sang Dan Soo Do Mahk Kee
Short Reverse Punch	Yuk Jin Kong Kyuck
Front Low Block/Rear High Inside-Outside Block (in Back Stance)	(Hu Gul) Ha Dan Yup Mahk Kee
Breath/Energy Press, lit. "Paint Smear Method"	Do Mahl Shik
"Embrace the Moon" posture	Po Wol Seh
Jumping Inside-Outside Kick	E Dan Ahneso Pahnkuro Cha Gi

**HYUNG (FORM)** – Pyung Ahn Sa Dan

**HO SIN SUL (SELF DEFENSE)**– Two Hands on Two, #1-4 (Children 1-2)

**IL SOO SIK DEH RYUN (ONE STEP SPARRING)**– #11 & 12

**KYOK PA (BOARD BREAKING)**– Dollyo Cha Gi

### HISTORY AND TERMINOLOGY:

Kyum Son	Humility (Eight Key Concept #5)
Him Cho Chung	Honesty (Eight Key Concept #6)
Weh Khang (pronounced "Gong" or "Kong")	External Power / Energy
Neh Khang	Internal Power / Energy
Shim Khang	Spiritual or Mental Power / Energy

內  
功

**NEH KHANG means Internal Power.** Control of breathing (Ho Hup Cho Chung) and coordinated inhalation and exhalation create a powerful connection between physical action and the internal organs to unify the entire body.