

## THE EIGHT KEY CONCEPTS

Yong Gi	勇氣	Courage
Jung Shin Tong Il	精神統一	Concentration
In Nae	忍耐	Endurance
Jung Jik	正直	Honesty
Kyum Son	謙遜	Humility
Him Cho Chung	力操正	Control of Power
Shin Chook	伸縮	Tension & Relaxation
Wahn Gup	緩急	Speed Control



The Eight Key Concepts are important values that must be demonstrated in every action you perform, not only while training in the dojang, but in your daily life. It is important to note that the first five concepts are not physical in nature - they are all things you must accomplish mentally. Once the Eight Key Concepts have been applied to training consistently, you will see a great improvement in your physical techniques as well as your Shim Khang (mental attitude and spirit).

*Sa Bom Nim Frank Schermerhorn breaks four concrete slabs with a downward punch. Kirkwood, NY 1984*

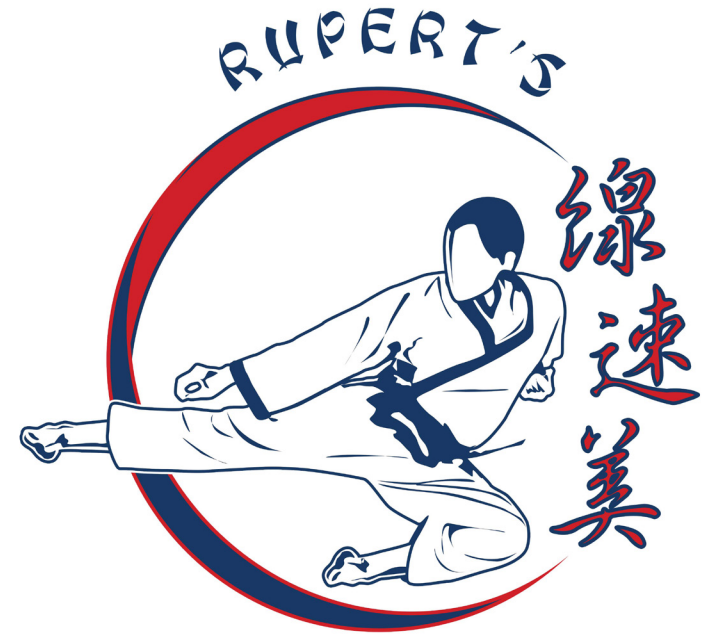
## PYUNG AHN

Pyung Ahn Means "Balance and Control," "Peaceful Confidence," or "Calm and Comfortable." Pyung Ahn is not just a way to physically demonstrate, but a mindset to utilize when challenges arise, whether those challenges be for self-defense, or for other purposes. "Pyung" symbolizes a balanced, even scale. "Ahn" symbolizes a mother holding her child safely sheltered beneath a roof.

The Pyung Ahn Hyung are a set of five forms that predate the creation of the Moo Duk Kwan. They were created around the year 1870 by Master Anko Itosu (Korean translation "Master Idos") and are practiced in other styles of traditional open hand martial arts. The Pyung Ahn series of forms is represented by the turtle - an animal that carries a shield as a means of defense - to emphasize the defensive and practical nature of these forms.

平安

# GUP TESTING REQUIREMENT GUIDE



**MOO DUK KWAN**

## ORANGE BELT

Test Ranks



8<sup>th</sup> Gup



7<sup>th</sup> Gup

Spotlight Stripes



## 8<sup>TH</sup> GUP ORANGE BELT » 7<sup>TH</sup> GUP ORANGE BELT, BLUE STRIPE

### General

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

**Time In Grade:** 3 Months; Regular 2x/week attendance minimum

Must exhibit proper discipline as a Moo Duk Kwan member.

Spotlights: 1 (White 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)

Outside-Inside Block	Pahkeso Ahnuro Mahk Kee
Hammer Fist	Kwon Do Kong Kyuck
Low Knife Hand Block (in Back Stance)	(Hu Gul) Ha Dan Soo Do Mahk Kee
Elbow Strike	Pahl Coop Kong Kyuck
Back Kick	Dwi Podo Cha Gi
Outside-Inside Kick (Offensive)	Pahkeso Ahnuro Cha Gi

**HYUNG (FORM) (1)**– Pyung Ahn Cho Dan

**HO SIN SUL (SELF DEFENSE)**– Same Side Wrist Grab, 1-2

**IL SOO SIK DEH RYUN (ONE STEP SPARRING)**– #5 & 6

**KYOK PA (BOARD BREAKING)**– Yup Podo Cha Gi (with or without step)

### HISTORY AND TERMINOLOGY:

Soo Bahk Do - Meaning	The Way of the Striking Hand
Tang Soo Do	Old name of our martial art
Yong Gi	Courage (Eight Key Concept #1)
Jung Shin Tong IL	Concentration (Eight Key Concept #2)
Pyung Ahn	Balance and Control

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

### General

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

**Time In Grade:** 3 Months; Regular 2x/week attendance minimum

Must exhibit proper discipline as a Moo Duk Kwan member.

Spotlights: 1 (Green Stripe)

### Performance Expectations

- Strong Demonstration of Basic techniques with power, speed, and kihap.
- Clear eye focus on partner's eyes or straight ahead in other exercises.
- Proper breathing with techniques.

### Technical Demonstration

#### KI CHO (BASIC MOVEMENTS)

Double Fist Block	Chun Gul Ssang Soo Ahneso Pahkuro Mahk Kee
Spear Hand Strike	Kwan Soo Kong Kyuck
Middle Knife Hand Block (in Back Stance)	(Hu Gul) Choong Dan Soo Do Mahk Kee
Ridge Hand Strike	Yuk Soo Do Kong Kyuck
Outside-Inside Kick (Defensive)	Pahkeso Ahnuro Cha Gi
...Alternate name for above technique	Pahkeso Ahnuro Bahl Cha Mahk Kee
Spinning Inside-Outside Kick ("Short Distance")	Dwi Ahneso Pahkuro Cha Gi

**HYUNG (FORM) (1)**– Pyung Ahn Ee Dan

**HO SIN SUL (SELF DEFENSE)**– Same Side Grabs, 1-4 (Children: 3-4 not required for testing)

**IL SOO SIK DEH RYUN (ONE STEP SPARRING)**– #7 & 8

**KYOK PA (BOARD BREAKING)**– Dwi Podo Cha Gi

### HISTORY AND TERMINOLOGY:

Moo Duk Kwan (Meaning)	The School of Martial Virtue
Korean Numbers 1 - 10	
Pyung Ahn	Balance and Control
Pyung Ahn Hyung - Meaning/History	Set of five forms created in Okinawa by Master Itoosu in ~1870 to teach fundamental techniques.
Tang Soo Do - meaning	The Way of the China Hand
Gup Bon (Gup Number)	Know your Gup Number – It Begins with D-2...