

COURTESY AND ETIQUETTE IN SOO BAHK DO TRAINING

Follow protocol at all times to demonstrate discipline and respect in the dojang.







- Please arrive for class *at least* 5 minutes early. Students who are late for class will not receive attendance credit which is required for testing.
- When you enter the dojang, stop at the door, face the flag wall, salute the flags and bow. This shows respect for the area in which we train.
- Upon Arrival, share a bow with the instructor and any students you see, regardless of rank.
- All Dan members are to be addressed as "Mr./Ms. (Last Name)". Address Masters and Dans with instructor titles (Kyo Sa Nim, Master (Last Name), Sa Bom Nim) appropriately.
- Students are welcome to stretch and practice responsibly before class.
- Students should be silent, still and focused during the opening ceremonies in class. All parents and spectators are asked to be silent at this time as well.
- If you do arrive late to class, stand at the edge of the floor and wait for the instructor to bow you in. You may then stand at the end of the line and begin training. When the line reforms in between exercises, you may take your spot in line based on your rank.
- Take care of personal needs before class starts. No water breaks will be permitted!
- When training with a partner, stay focused and give your best effort to help them train hard.
- As a general rule, students should not correct members who outrank them.
- If you have a question in class, please wait until there is a break in the action. You may then raise your hand respectfully, and make sure to bow before you ask and after you receive your answer.
- When called to the front of the dojang to demonstrate or receive something, make sure to stand up quickly, say "yes sir," run around the line (do not cut through) and bow to the senior at the head of the line. Run up to the instructor and share a bow.
- If at any time an instructor senior to all currently on the floor enters the dojang, the senior currently on the floor must call "Cha Ryut!" loudly and instruct members to face the senior. Call a bow to them much like during the opening ceremonies for class ("Kyo Sa Nim Kay Kyung Neh," or "Sa Bom Nim Kay Kyung Neh," etc.). The senior will then instruct students how to proceed.

GUP TESTING REQUIREMENT GUIDE



MOO DUK KWAN

WHITE BELT

Test Ranks		Spotlight Stripes
	10th Gup	
	9th Gup	
	9th Gup Bo (Ages 4-6)	

10TH GUP WHITE BELT » 9TH GUP WHITE BELT, BLUE STRIPE

General

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

Must exhibit proper discipline as a Moo Duk Kwan member.

Spotlights: 3 (Orange, Green, and Red Stripes)

(Students age 4 - 6 may qualify for 9th Gup Bo with intermediate stripes)

Performance Expectations

- Strong stances and strong Ki Hap.
- Proper focus of eyes and focus of techniques to target.
- Correct beginning preparation and completed positions for techniques.

Technical Demonstration

KI CHO (BASIC MOVEMENTS)

Low Block	Ha Dan Mahk Kee
High Block	Sang Dan Mahk Kee
Middle Punch	Choong Dan Kong Kyuck
High Punch	Sang Dan Kong Kyuck
Front Stretch Kick	Ahp Podo Ol Ri Gi
Front Thrust Kick	Ahp Cha Nut Gi
Roundhouse Kick	Dollyo Cha Gi

HYUNG (FORM) (1)– Ki Cho Hyung Il Bu

HO SIN SUL (SELF DEFENSE)– Cross Wrist Grab, 1 – 2

IL SOO SIK DEH RYUN (ONE STEP SPARRING)– #1

KYOK PA (BOARD BREAKING)– None

HISTORY AND TERMINOLOGY:

Soo Bahk Do	Name of the Art
Moo Duk Kwan	Name of the Style
Cha Ryut	Attention
Kyung Neh	Bow
Kahm Sa Ham Ni Da	Thank You
Jhoon Bee	Ready Stance
Kuk Gi Ba Ray	Salute Flag
Ba Ro	Return

9TH GUP WHITE BELT, BLUE STRIPE » 8TH GUP ORANGE BELT

General

Must become a member of the U.S. Soo Bahk Do Moo Duk Kwan Federation prior to test day.

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

Must exhibit proper discipline as a Moo Duk Kwan member.

Spotlights: None - student will be invited to test when knowledge of material is demonstrated in class.

Performance Expectations

- Strong stances with emphasis on the back stance (Hu Gul Ja Seh) and strong Ki Hap.
- Proper focus of eyes and focus of techniques to target.
- Consistent stances with knees bent deeply, and power in all techniques.

Technical Demonstration

KI CHO (BASIC MOVEMENTS)

Inside-Outside Block	Ahneso Pahkuro Mahk Kee
Side Block in Back Stance	Hu Gul Yup Mahk Kee
Side Punch	Wheng Jin Kong Kyuck
Backfist Strike	Kap Kwon Kong Kyuck
Reverse (ex. reverse center punch)	Tuel Oh (ex. Tuel Oh Choong Dan Kong Kyuck)
Side Stretch Kick	Yup Podo Ol Ri Gi
Side Kick ("Side Thrust Kick")	Yup Podo Cha Gi

HYUNG (FORMS) (2)– Ki Cho Hyung Ee Bu, Ki Cho Hyung Sam Bu

HO SIN SUL (SELF DEFENSE)– Cross Wrist Grab, 3-4 (Children: 1-2)

IL SOO SIK DEH RYUN (ONE STEP SPARRING)– #3

KYOK PA (BOARD BREAKING)– Ahp Cha Nut Gi (Front Thrust Kick)

HISTORY AND TERMINOLOGY:

Grandmaster/Head of Organization	Kwan Jang Nim
Master, Certified Instructor, 4th - 9th Dan	Sa Bom Nim
Teacher / Certified Instructor, 2nd - 3rd Dan	Kyo Sa Nim
Assistant Certified Instructor, 3rd Gup - 3rd Dan	Jo Kyo Nim
Master (4th-9th Dan)	Ko Dan Ja (Nim)
Name of the original Kwan Jang Nim/founder	Hwang Kee
Name of the current Kwan Jang Nim	Hyun Chul (H.C.) Hwang