

Adult Testing Requirements



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

WASATCH MARTIAL ARTS ACADEMY

Requirements for 10th Gup (White Belt with Patch)

- 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 9th Gup (White Belt with Stripe)

(All previous requirements plus!)

Hyung (Form)	Ki Cho Hyung Il Bu
Il Soo Shik Dae Ryun (One Step Sparring)	1 & 2
Ho Sin Sul (Techniques to Protect Oneself)	Cross Wrist Grip 1 & 2
Ki Cho (Basic Techniques)	As Taught In Class
Culture & Terminology	Soo Bahk Do Moo Duk Kwan

WASATCH MARTIAL ARTS ACADEMY

Requirements for 8th Gup (Orange Belt)

(All previous requirements plus!)

Hyung (Form)	Ki Cho Hyung Ee Bu Ki Cho Hyung Sam Bu
Il Soo Shik Dae Ryun (One Step Sparring)	3 & 4
Ho Sin Sul (Techniques to Protect Oneself)	Cross Wrist Grip 3 & 4
Ki Cho (Basic Technique)	Review from Class Notes
Culture & Terminology	Moo Do

WASATCH MARTIAL ARTS ACADEMY

Requirements for 7th Gup (Orange Belt with Stripe)

(All previous requirements plus!)

Hyung (Form)	Pyong Ahn Cho Dan
Il Soo Shik Dae Ryun (One Step Sparring)	5 & 6
Ho Sin Sul (Techniques to Protect Oneself)	Same Side Wrist Grip 1 & 2
Ki Cho (Basic Technique)	As Taught In Class
Ja Yu Dae Ryun (Free Sparring)	
Culture & Terminology	Pyong Ahn

WASATCH MARTIAL ARTS ACADEMY

Requirements for 6th Gup (Green Belt with Trim)

(All previous requirements plus!)

Hyung (Form)	Chil Sung Ee Lo
Il Soo Shik Dae Ryun (One Step Sparring)	7 & 8
Ho Sin Sul (Techniques to Protect Oneself)	Same Side Wrist Grip 3 & 4
Ja Yu Dae Ryun	Free Sparring
Kyuk Pa	Pahl Koop (Elbow)
Sparring Combinations	Review Class Notes
Culture & Terminology	5 Moo Do Values

WASATCH MARTIAL ARTS ACADEMY

Requirements for 5th Gup (Green Belt with Stripe)

(All previous requirements plus!)

Hyung (Form)	Pyong Ahn Sam Dan
Il Soo Shik Dae Ryun (One Step Sparring)	9 & 10
Ho Sin Sul (Techniques to Protect Oneself)	Two Hands grabbing one wrist 1-3
Ja Yu Dae Ryun	Free Sparring
Kyuk Pa	Yup Podo Cha Gi
Sparring Combinations	Review Class Notes
Culture & Terminology	8 Key Concepts

WASATCH MARTIAL ARTS ACADEMY

Requirements for 4th Gup (Green Belt with 2 Stripes)

(All previous requirements plus!)

Hyung (Form)	Chil Sung Il Ro
Il Soo Shik Dae Ryun (One Step Sparring)	11 & 12
Ho Sin Sul (Techniques to Protect Oneself)	Two on Two Wrist Grip 1 & 2
Ja Yu Dae Ryun	Free Sparring
Kyuk Pa	Chung Kwon or Kwon Do
Sparring Combinations	Review Class Notes
Culture & Terminology	Chil Sung Philosophy 10 Articles of Faith

WASATCH MARTIAL ARTS ACADEMY

Requirements for 3rd Gup (Red Belt with Trim)

(All previous requirements plus!)

Hyung (Form)	Yuk Ro Cho Dan
Il Soo Shik Dae Ryun (One Step Sparring)	13 & 14
Ho Sin Sul (Techniques to Protect Oneself)	Two on Two Wrist Grip 3 & 4
Ja Yu Dae Ryun	Free Sparring
Kyuk Pa	Dwi Podo Cha Gi
Sparring Combinations	Review Class Notes
Culture & Terminology	History of the Moo Duk Kwan

WASATCH MARTIAL ARTS ACADEMY

Requirements for 2nd Gup (Red Belt with Stripe)

(All previous requirements plus!)

Hyung (Form)	Chil Sung Sam Lo
Il Soo Shik Dae Ryun (One Step Sparring)	15 & 16
Ho Sin Sul (Techniques to Protect Oneself)	Side Grip 1 & 2
Ja Yu Dae Ryun	Free Sparring
Sparring Combinations	Review Class Notes
Kyuk Pa	2 Foot & 1 Hand
Culture & Terminology	Teaching Experience Song of Ship Sam Seh

WASATCH MARTIAL ARTS ACADEMY

Requirements for 1st Gup (Red Belt with 2 Stripes)

(All previous requirements plus!)

Hyung (Form)	Yuk Ro Cho Dan Chil Sung Sam Lo Bassai Naihanji Cho Dan
Il Soo Shik Dae Ryun (One Step Sparring)	17 & 18
Ho Sin Sul (Techniques to Protect Oneself)	Back Grips 1 & 2
Ja Yu Dae Ryun	Free Sparring
Sparring Combinations	See Class Notes
Kyuk Pa	E Dan Dwi Cha Gi
Culture & Terminology	Teaching Experience (Eligible for Jo Kyo) Mission 2000

Extra Hyung Material

Ki Cho Hyung Il Bu Son Gup
Ki Cho Hyung E Bu Son Gup

Pyong Ahn E Dan
Pyong Ahn Sa Dan
Pyong Ahn O Dan

Bong Hyung Il Bu
Bong Hyung E Bu

Dham Doi Ship E Ro