

Children's 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)

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 9th Gup (White Belt with Stripe)

1 month

Ki Cho (Basic Techniques)

As Taught In Class

Hyung (Forms)

Ki Cho Hyung Il Bu

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 8th Gup (Orange Belt)

2 months

Ki Cho (Basic Techniques)	As Taught In Class
Hyung (Forms)	Ki Cho Hyung E Bu
Ho Sin Sul (Self Defense)	Cross Grip #1 (release/counter)

WASATCH MARTIAL ARTS ACADEMY

Requirements for 7th Gup (Orange Belt with Stripe)

3 months

Ki Cho (Basic Techniques)	As Taught In Class
Hyung (Forms)	Ki Cho Hyung Sam Bu
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 6th 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 (side step, counter)
Ho Sin Sul (Self Defense)	Cross Grip #2 (release/counter)
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 5th 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)	#1
Ho Sin Sul (Self Defense)	Cross Grip #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	
<ul style="list-style-type: none">• Proper Ki Hap and Spirit• Weapon discipline	



WASATCH MARTIAL ARTS ACADEMY

Requirements for 4th 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)	#3 (side step, counter)
Ho Sin Sul (Self Defense)	Straight Grip #1
Ja Yu Dae Ryun	Free Sparring
Kyok Pa (Breaking)	Yup Podo Cha Gi (Full Board)
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 3rd 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)	#3
Ho Sin Sul (Self Defense)	Straight Grip #2
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 2nd 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)	#5
Ho Sin Sul (Self Defense)	2 on 1 Grip 1-2
Ja Yu Dae Ryun	Free Sparring
Kyok Pa (Breaking)	2 station 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 1st 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)	#7
Ho Sin Sul (Self Defense)	2 on 2 Grips 1-2
Ja Yu Dae Ryun	Free Sparring
Kyok Pa (Breaking)	Standing E Dan Dwi Cha Gi
Culture & Terminology	History of Moo Duk Kwan 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)	Chil Sung Il Lo Chil Sung Sam Lo Yuk Ro Cho Dan (Du Mun) Bassai
Il Soo Shik (One Step Sparring)	Concepts of #1-9 odds only
Ho Sin Sul (Self Defense)	#1-2 of Cross, Straight, 2 on 1, and 2 on 2 Hand
Ja Yu Dae Ryun	Free Sparring
Kyok Pa (Breaking)	E Dan Dwi Cha Gi
Culture & Terminology	Written Test Essay

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

