

# Children's Testing Requirements



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

# WASATCH MARTIAL ARTS ACADEMY

Requirements for 10<sup>th</sup> 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 9<sup>th</sup> 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 8<sup>th</sup> 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 7<sup>th</sup> 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 6<sup>th</sup> 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 5<sup>th</sup> 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          |
| <b>Expectations of Performance</b>   |                             |
| <ul style="list-style-type: none"><li>• Proper Ki Hap and Spirit</li><li>• Weapon discipline</li></ul> |                             |



# WASATCH MARTIAL ARTS ACADEMY

Requirements for 4<sup>th</sup> 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 3<sup>rd</sup> 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 2<sup>nd</sup> Gup (Red Belt with Stripe)

*3 months*

|  |                    |
|--|--------------------|
| <b>Ki Cho (Basic Techniques)</b>       | As Taught In Class |
| <b>Hyung (Forms)</b>                   | Chil Sung Sam Lo   |
| <b>Il Soo Shik (One Step Sparring)</b> | #5                 |
| <b>Ho Sin Sul (Self Defense)</b>       | 2 on 1 Grip 1-2    |
| <b>Ja Yu Dae Ryun</b>                  | Free Sparring      |
| <b>Kyok Pa (Breaking)</b>              | 2 station break    |
| <b>Culture &amp; Terminology</b>       | 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 1<sup>st</sup> 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<br>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*

|  |   |
|--|---|
| <b>Ki Cho (Basic Techniques)</b>       | All lower belt techniques and requirements<br>Hand and foot combinations using all known techniques |
| <b>Hyung (Forms)</b>                   | Chil Sung Il Lo<br>Chil Sung Sam Lo<br>Yuk Ro Cho Dan (Du Mun)<br>Bassai                            |
| <b>Il Soo Shik (One Step Sparring)</b> | Concepts of #1-9 odds only  |
| <b>Ho Sin Sul (Self Defense)</b>       | #1-2 of Cross, Straight,<br>2 on 1, and 2 on 2 Hand   |
| <b>Ja Yu Dae Ryun</b>                  | Free Sparring   |
| <b>Kyok Pa (Breaking)</b>              | E Dan Dwi Cha Gi  |
| <b>Culture &amp; Terminology</b>       | Written Test<br>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

