

REQUIREMENTS FOR PROMOTION TO SAM (3rd) DAN

GENERAL REQUIREMENTS:

1. Must be a member in good standing of the Korean Soo Bahk Do Association, Moo Duk Kwan and the U.S. Soo Bahk Do Moo Duk Kwan Federation, Inc.
2. Must be a student of a Sa Bom/Kyo Sa in good standing with the U.S. Soo Bahk Do Moo Duk Kwan Federation, Inc.
3. Minimum of 3 years of active training and membership since E Dan promotion.
4. Must be recommended by their Sa Bom/Kyo Sa.
5. Loyalty to the Moo Duk Kwan through their Instructor.
6. Sound moral character.
7. Regular weekly Do Jang attendance.
8. Contribution in service to the Korean Soo Bahk Do Association, Moo Duk Kwan and the U.S. Soo Bahk Do Moo Duk Kwan Federation, Inc.
9. Must have the minimum required evaluations by the Regional Examiner or his/her designee.
10. Good record of participation in clinics and other activities conducted on Studio, Regional, National, and International levels, under the guidance of the T.A.C.

GENERAL KNOWLEDGE:

1. Good knowledge of and ability in all lower rank requirements.
2. Assistance in teaching and class responsibilities with the ability to conduct formal classes upon approval of a certified Sa Bom/Kyo Sa.
3. Ability to explain history, culture, and techniques of the Soo Bahk Do Moo Duk Kwan, from a philosophical and scientific perspective.
4. General knowledge of the information in all books written by Kwan Jang Nim Hwang Kee.

DEMONSTRATION OF ABILITY:

1. Basic (Ki Cho) Soo Bahk Do Movement - Hand & Feet
2. Form (Hyung)
 - a. Chil Sung Sa Ro
 - b. Po Wol
 - c. Ro Hai

Optional credit:

- a. Nai Han Ji Sam Dan
 - b. Pyung Ahn Sa Dan
3. Sparring (Dae Ryun)
 - a. Il Soo Sik Dae Ryun (#9-18, and applications to Ja Yu Dae Ryun)
 - b. Ja Yu Dae Ryun

- c. Da Soo In Dae Ryun
(1 15-second drill, 3 3-second drills to demonstrate defensive ability)
4. Self-Defense (Ho Sin Sool)
 - a. Elbow Sleeve Grips
 - b. Self-Defense against Joong Bong
 5. Breaking (Kyok Pa)
Ro Hai Kyok Pa

The Examining Board may, at their discretion, require a demonstration of lower level knowledge and techniques.

ORAL EXAMINATION:

Specific knowledge of culture and history.

Sample questions:

1. Count from 11 to 15 in Korean and Chinese.
2. What is the meaning of Moo Sung and Yu Sung and how does this philosophy apply to you?
3. What does Moo Pahl Dan Kum mean?
(The T.A.C. may require more questions.)

WRITTEN EXAMINATION:

A formal written essay is required of each applicant. This essay will be submitted with the other required information to the Regional Examiner or his/her representatives.

Essay:

- a. Describe the essential characteristics of Soo Bahk Do Moo Duk Kwan, which make it unique and differentiates it from other styles.
- b. Answer one of the following:
 1. Explain your understanding of the philosophy of Self-Defense. Include in your explanation, its meaning, purpose, and basic use.
 2. Describe the origin, nature, and importance of the Yuk Ro Hyungs in the development of Soo Bahk Do Moo Duk Kwan and the training of Dan students.
- c. 1000 to 2000 words, typewritten and double-spaced.
- d. Due two weeks prior to the testing date.

Take-Home Examination:

- a. Junior Dan Candidates 15 years and under should refer to the Junior Dan section of the Study Guide for appropriate questions.
- b. Candidates 16 years of age and above should refer to the Adult Dan section of the Study Guide for appropriate questions.