

REQUIREMENTS FOR PROMOTION TO Cho Dan, Midnight Blue Belt:

GENERAL REQUIREMENTS

1. Must be a member in good standing of U. S. Soo Bahk Do Moo Duk Kwan Federation, Inc.
2. Sound moral character.
3. No age requirement.
4. Regular weekly Do Jang attendance.
5. Contribution in service to the Korean Soo Bahk Do Association, Moo Duk Kwan, or U. S. Soo Bahk Do Moo Duk Kwan Federation, Inc.
6. Must have minimum required evaluations by the Regional Examiner or his/her designee.

GENERAL KNOWLEDGE

1. Good knowledge and ability in all lower rank requirements.
2. Assistance in teaching and class responsibilities with ability to conduct formal classes with approval of the Sa Bom/Kyo Sa.
3. Ability to explain the relationship between forms and mental discipline.
4. General knowledge of Grandmaster Hwang Kee's Volume I textbook.

DEMONSTRATION OF ABILITY

1. Basic movement (Ki Cho):

Hand techniques:

All lower belt requirements can be requested. Test of the movements will be conducted using Korean terminology.

Foot techniques:

All lower belt requirements can be requested. Test of the movements will be conducted using Korean terminology.

2. Form (Hyung):

Chil Sung Il Ro, Chil Sung Sam Ro, and Yuk Ro Cho Dan

Optional credit: Naihanchi Cho Dan, Passai

Children: Chil Sung Il Ro and Chil Sung Sam Ro

(Examiners may require any lower forms.)

3. Endurance (In Neh):

Candidate will be required to demonstrate Pahl Put Ki (horse stance punching), minimum of 120 repetitions, with proper form and power, within a 30-second time period.

4. One-Step Sparring (Il Soo Sik Dae Ryun) All required

Children: Il Soo Sik # 1 through #11 (odd numbers only)

5. Free Sparring (Ja Yu Dae Ryun).

6. Self-Defense (Ho Sin Sool): All required

Children: Any one of each type of grip

7. Breaking (Kyok Pa): E Dan Dwi Cha Gi or Yeon Soo Kyok Pa with one Soo Gi and one Jok Gi

8. Specific knowledge of Culture, written T.A.C. exam

9. Written essay:

What Soo Bahk Do Moo Duk Kwan means to me. Minimum of 1000 words.

10. Take-home exam: *Volume I Study Guide* questions.