

## SAM DAN TO SA DAN | PROMOTION REQUIREMENTS |

### General Requirements

The following are minimum requirements to be eligible for promotion:

- Minimum age requirements: 21 years old
- Proof of current federation membership (Federation ID Card)
- Membership time must equal or exceed required training time
- Must be of sound moral character

### Expectations of Performance

Candidate should be able to demonstrate the following:

- Proper Moo Do Jaseh
- Connection of 8 Key Concepts
- Understanding and application in practice of Shim Gung, Neh Gung, and Weh Gung
- Demonstration of breath initiating Shin Chook connected with proper “chain of command”

### Culture, Terminology, and History

Candidate should be able to explain his or her understanding of the following:

- **Written Essay Requirement # 1**
  - Brief explanation of the Sip Sam Seh (including O-Heng and Pal Gwe) and what you have learned from it.
- **Written Essay Requirement # 2**
  - History and meaning of required Hyung.

## SAM DAN TO SA DAN | DEMONSTRATION OF ABILITY |

### HAND / FOOT TECHNIQUES

### SOO GI / JOK GI

All Lower Belt Techniques and Requirements

Hand and Foot combinations using known techniques

### FORMS

### HYUNG

Chil Sung Sa Ro Hyung

Po Wol

Sip Soo

Kong Sang Koon

### ONE / THREE STEP SPARRING

### IL SOO SIK / SAM SOO SIK

All previous requirements to be demonstrated

### SELF-DEFENSE

### HO SIN SUL

All lower belt requirements

### FREE SPARRING

### JA YU DAE RYUN

All lower belt requirements

Jua Dae Ryun (Sparring in a Seated Position)

Wa Da Ryun (Sparring in a Lying Down Position)

### BREAKING

### KYOK PA

None