

## E DAN TO SAM DAN | PROMOTION REQUIREMENTS |

### General Requirements

The following are minimum requirements to be eligible for promotion:

- Age requirements: No minimum age
- 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
- Demonstrate Shim Gung, Neh Gung, and Weh Gung
- Demonstration of proper line of technique combined with maximization of acceleration and speed

### Culture, Terminology, and History

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

- **Written Essay Requirement # 1**
  - Describe the essential characteristics of Soo Bahk Do Moo Duk Kwan which make it unique and differentiate it from other styles. Candidate is requested to contemplate and expound upon the Moo Duk Kwan's uniqueness and accomplishments made from 1954 to 1961 in Korea. Vision Tour presentations have provided additional information about many of these events.
    - *Minimum of 1000 words, typewritten and double spaced.*
- **Written Essay Requirement # 2**
  - Cite your personal Vision participation and Vision contributions that you have made during your training career and how they have helped achieve measurable success toward vision objectives.
    - *1 Page maximum typewritten document.*

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

### HAND TECHNIQUES

### SOO GI

Soo Bahk Do Gi Cho – E Bon Techniques

Any lower rank material can be requested

### FOOT TECHNIQUES

### JOK GI

Low Front & Back Spinning Sweep – Ha Dan Ahp Hu Ri Gi / Ha Dan Dwi Hu Ri Gi

Any lower rank material can be requested

### FORMS

### HYUNG

Chil Sung Sam Ro Hyung

Joong Jul

Ro Hai

Nai Han Ji Sam Dan

### ONE / THREE STEP SPARRING

### IL SOO SIK / SAM SOO SIK

Jua Dae Ryun (Seated 1-Step Sparring)

Sam Soo Sik Yuk Ro (*demonstrate any 3 of the Yuk Ro inspired Sam Soo Sik*)

**Note:** *Sam Soo Sik Classic to be instructed to Students who followed the Children's track up to this point (demonstrate any 3 of the Sam Soo Sik Classic).*

### SELF-DEFENSE

### HO SIN SUL

Staff Defense (Jang Bong)

Mid-Sleeve Grips

**Note:** *Lower Sleeve Grips to be instructed to Students who followed the Children's track up to this point.*

### FREE SPARRING

### JA YU DAE RYUN

Double (2 on 1) Opponent Sparring

Da Soo In Dae Ryun

### IN NEH

### ENDURANCE

Ahp Cha Nut Gi (hopping), alternating each leg for thirty (30) seconds of continuous kicking. **Goal:** 50 kicks total with proper completion of each kick.

### BREAKING

### KYOK PA

Ro Hai Hyung with Break