

CHO DAN TO E 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 Shin Chook in movement

Culture, Terminology, and History

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

- **Written Essay Requirement # 1**
 - What does your Dan Bon mean to you and how does it relate to the Moo Duk Kwan and its discipline?
 - *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.*

CHO DAN TO E DAN | DEMONSTRATION OF ABILITY |

HAND TECHNIQUES

SOO GI

Soo Bahk Do Gi Cho – Il Bon Techniques

Any lower rank material can be requested

FOOT TECHNIQUES

JOK GI

E Dan Ssang Bal Cha Gi

Any lower rank material can be requested

FORMS

HYUNG

Chil Sung Il Ro Hyung

Du Mun

Jin Do

Nai Han Ji E Dan

ONE / THREE STEP SPARRING

IL SOO SIK / SAM SOO SIK

Adults

Children

Sam Soo Sik Classic (*demonstrate any 3*)

Il Soo Sik: 1 – 17 (*odd numbers only*)

SELF-DEFENSE

HO SIN SUL

Adults

Children

Lower Sleeve Grips

Knife Defense (Dan Do)

All Wrist Grips including Side and Back

Knife Defense (Dan Do)

FREE SPARRING

JA YU DAE RYUN

Free Sparring

IN NEH

ENDURANCE

Ahp Bal Ahp Cha Nut Gi (lead/front leg) performed in Hu Gul Jaseh. Thirty (30) seconds of continuous kicking with focus on power, speed and extension for maximum effectiveness of each kick. **Goal:** 40 kicks per leg.

BREAKING

KYOK PA

E Dan Ssang Bal Cha Gi (Double Jump Front Split Kick) or

Yeon Soo Kyok Pa with one Soo Gi and one Jok Gi technique performed simultaneously.

NOTE: *If the candidate cannot physically perform E Dan Ssang Bal Cha Gi, the Regional Examiner should be consulted prior to testing to define an acceptable break for completion of this requirement.*