



WORLD MOO DUK KWAN®

Technical Advisory Committee

Official Testing Curriculum 2023



Ranks	Min. Time (MOs)	Min. Classes	Gi Cho Soo Gi	Gi Cho Jok Gi	Hyungs	Il Soo Sik Dae Ryun	Ho Sin Sool	Ja Yu Dae Ryun	Kyok Pa
3rd Gup to 2nd Gup	3/6	48	- Jang Kwon Kong Kyuk -Jang Kap Kwon Kong Kyuk --Kwan Soo Kong Kyuk - Soo Gi combination. i.e. Ha Dan Mahk Kee, Tuel Oh Choong Dan Kong Kyuk (and Previous Techniques)	-Dwi Yup Huri Gi -Ee Dan Yup Huri Gi -Ee Dan Dollyo Cha Gi (and Previous Techniques)	Pyung Ahn O Dan	15 - 16 Children 3 & 4	Side Grips 1 & 2 Children 1 & 3 Two on One	Free Sparring	Yuk Soo Do Kong Kuk or Yup Huri Gi
2nd Gup to 1st Gup	6	48	-Choi Ha Dan Soo Do Mahk Kee -Jip Kye Song Kong Kyuk - Soo Gi, Jok Gi combination (and Previous Techniques)	-E Dan Dwi Aneso Pahkuro Cha Gi -E Dan Dwi Huri Gi - E Dan Dwi Pahkeso Ahnuro Cha Gi	Bassai	17 – 18 Children 5 & 6	Back Grips 1-2 Children 1-2 Two on two	Free Sparring	E Dan Dwi Huri Gi

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2nd Gup to 1st Gup	9/12	96	-All the combination techniques from the instructional guides (and Previous Techniques)	-Pit Cha Gi -Ssang Bal Ahp Cha Nut Gi	Nai Han Ji Cho Dan Chil Sung E Ro	1 - 18 Children 7 - 8	All Lower	Free Sparring	Yeon Seok Kyuk Pa (Soo Gi & Jok Gi)
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Expectations of Performance:	1 - Weh Gung: Proper Moo Do Ja Seh in combination techniques. 2 - Neh Gung: Proper application of the breathing according with the technique. Proper breathing rhythm of the Shin Chook (Tension/relaxation control) 3 - Shim Gung: - Demonstration of Jhoon Bee philosophy in Il Soo Sik Dae Ryun and Ho Sin Sool. Distance control demonstration. Demonstration of <u>proper Shim Gung during physical Demonstration.</u>
Theory : Based in 5 Moo Do Values:	1 - History: Founder of Moo Duk Kwan History. History of the Hyung requirement 2 - Tradition: When was the Soo Bahk Do Name introduced? What is the Importance of MDK Dan Bon? 3 - Philosophy: Explanation of 8 Key Concepts. What is action philosophy? 4 - Discipline and Respect: What is Courtesy and etiquette in one social event from MDK. What does the MDK emblem mean?.

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