



Rank Requirements / Study Material

Green Belt

	HYUNG	IL SOO SIK	HO SIN SOOL	JA YU DAE RYUN	KYOK PA	KI CHO	TERMINOLOGY
Yuk Gup 6th	Pyung Ahn Sam Dan Chil Sung E Ro Hyung	#7 - #10	Two on One Wrist Grab #1 - #2	1 on 1	Kwon Do Kong Kyuk or Dwi Podo Cha Gi	Hand Techniques: Two Fist Low and High Blocks (X Blocks) Two Fist Low and Middle Blocks in Hu Gul Jaseh All previous Hand Techniques in Combinations. Foot Techniques: Short Back Spinning Kick (Dwi Ahneso Pahkuro) Kicking Combinations.	A. Basic: Ki Cho B. Sparring: Dae Ryun C. Defense: Mahk Kee D. Bow: Kyung Ret E. Return: Ba Ro F. Form: Hyung G. Attack: Kong Kyuk H. Attention: Cha Ryut I. Begin: Si Jak J. Honesty: Chung Jik K. Chinese Numbers: First: Il, Second: E, Third: Sam, Fourth: Sa, Fifth: O, Sixth: Yuk, Seventh: Chil, Eighth: Pahl, Ninth: Gu, Tenth: Ship L. Sample Question: Why do you bow before you enter the Do Jang?
	CHILDREN Same	CHILDREN #3	CHILDREN Two on One Wrist Grab (any one number)	CHILDREN Same	CHILDREN Same		
O Gup 5th	Pyung Ahn Sam Dan Pyung Ahn Sa Dan Chil Sung Il Ro Hyung Chil Sung E Ro Hyung	#9 - #12	Two on One Wrist Grab #1 - #3	1 on 1	Soo Do Kong Kyuk or E Dan Yup Podo Cha Gi	Hand Techniques: Soo Do Attacks Yuk Soo Do Attacks Yuk Jin Hand Technique Combinations Foot Techniques: Yup Hu Ri Gi E Dan Dollyo Cha Gi E Dan Yup Podo Cha Gi Kicking Combinations	A. Self-Defense: Ho Sin Sool B. One-Step Sparring: Il Soo Sik Dae Ryun C. External Power: Weh Gung D. Spiritual (Mental) Power: Shim Gung E. Breaking: Kyok Pa F. Internal Power: Neh Gung G. Free Sparring: Ja Yu Dae Ryun H. Humility: Kyum Son I. Sample Questions: Explain the meaning of the symbols in the Moo Duk Kwan Flag; How does Muk Nyum help you before training?
	CHILDREN Pyung Ahn Sam Dan Chil Sung E Ro Hyung	CHILDREN #5	CHILDREN Two on One Wrist Grab (any one number)	CHILDREN Same	CHILDREN Same		
Sa Gup 4th	Pyung Ahn O Dan Chil Sung Il Ro Hyung Chil Sung Sam Ro Hyung (1/2)	#11 - #14	Two on Two Wrist Grab #1 - #2	1 on 1	Chung Kwon Kong Kyuk or E Dan Dollyo Cha Gi	Hand Techniques: All Basics and combinations required Foot Techniques: All Basic Foot Techniques Back Spinning Kick (Long Distance) Jumping Inside/Outside Kicking Combinations	A. Terminology of Soo Bahk Do movements. B. Ten Articles of Faith on Mental Training. C. Philosophy and history of Soo Bahk Do and the Moo Duk Kwan.
	CHILDREN Chil Sung Il Ro Hyung Chil Sung E Ro Hyung	CHILDREN #7	CHILDREN Two on Two Wrist Grab (any one number)	CHILDREN Same	CHILDREN Same	Hand and Foot Combinations can be Required.	