



# Rank Requirements / Study Material

## Orange Belt

	HYUNG	IL SOO SIK	HO SIN SOOL	JA YU DAE RYUN	KYOK PA	KI CHO	TERMINOLOGY
<b>Pahl Gup 8<sup>th</sup></b>	Ki Cho Hyung Sam Bu Pyung Ahn Cho Dan	#3 - #6	Same Side Wrist Grab #1 - #2	1 on 1	Pahl Koop Kong Kyuk or Ahp Cha Nut Gi	<b>Hand Techniques:</b> Soo Do Low Block Reverse Punch (High and Middle) <b>Hand Combinations:</b> Low Block, Reverse Middle Punch High Block, Reverse Middle Punch  <b>Foot Techniques:</b> Front Inside-Outside Snap Kick Front Jump Kick Roundhouse Kick Side Snap Kick Kicking Combinations	A. Name of the art you are studying: Soo Bahk Do B. Name of the founder of our style: Kwan Jang Nim Hwang Kee C. Instructor: Sa Bom Nim (4th Dan & Up, Certified Instructors), Kyo Sa Nim (2nd & 3rd Dan, Certified Instructors) D. Seniors: Sun Beh (Nim) E. Juniors: Hu Beh F. Studio: Do Jang G. One: Ha Na, Two: Dool, Three: Set, Four: Net, Five: Da Sot, Six: Yuh Sot, Seven: Il Gop, Eight: Yo Dull, Nine: Ah Hope, Ten: Yohi H. Concentration: Chung Shin Tong Il
	CHILDREN Same	CHILDREN Student's Choice: Combination of Soo Gi & Jok Gi	CHILDREN Same Side Wrist Grab (any one number)	CHILDREN Same	CHILDREN Same		
<b>Chil Gup 7<sup>th</sup></b>	Pyung Ahn Cho Dan Pyung Ahn E Dan Chil Sung E Ro Hyung	#5 - #8	Same Side Wrist Grab #1 - #4	1 on 1	Jang Kwon Kong Kyuk or Yup Podo Cha Gi	<b>Hand Techniques:</b> Two Fist Middle Block (Chun Gul Ssang Soo Mahk Kee) Soo Do Middle Block Soo Do High Block Kwan Soo Attacks Hand Technique Combinations Incorporating Above Techniques  <b>Foot Techniques:</b> Front Outside-Inside Snap Kick Back Snap Kick Roundhouse Kick Side Kick Kicking Combinations	A. Basic: Ki Cho B. Bow: Kyung Ret C. Defense: Mahk Kee D. Sparring: Dae Ryun E. Return: Ba Ro F. Endurance: In Neh G. Attack: Kong Kyuk H. Form: Hyung I. Begin: Si Jak J. Attention: Cha Ryut K. Meditation: Muk Nyum
	CHILDREN Same	CHILDREN #1	CHILDREN Same Side Wrist Grab (any one number)	CHILDREN Same	CHILDREN Same		