



Rank Requirements / Study Material

Red Belt

	HYUNG	IL SOO SIK	HO SIN SOOL	JA YU DAE RYUN	KYOK PA	KI CHO	TERMINOLOGY
Sam Gup 3 rd	Passai Chil Sung Il Ro Hyung Chil Sung Sam Ro Hyung	#13 - #16	Two on Two Wrist Grab #1 - #4	1 on 1	Yuk Soo Do Kong Kyuk or Yup Hu Ri Gi	Hand Techniques: All Basic and Combinations Required With Emphasis on Tuel Oh (Twisting) Defenses and Offenses Foot Techniques: Front Pushing Kick All Single Jumping Kicks Required	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. D. Sample Questions: Courage: Yong Gi, Concentration: Chung Shin Tong Il, Endurance: In Neh, Honesty: Chung Jik, Humility: Kyum Son. Why are these "Key Concepts" of Soo Bahk Do important?
	CHILDREN Chil Sung Il Ro Hyung Chil Sung Sam Ro Hyung (1/2)	CHILDREN #9	CHILDREN Side Wrist Grab (any one number)	CHILDREN Same	CHILDREN Same	Hand and Foot Combinations Required	
Ee Gup 2 nd	Du Mun (Yuk Ro Cho Dan) Chil Song Sam Ro Hyung	#15 - #18	Side & Back Wrist Grabs #1 - #2	1 on 1	Kap Kwon Kong Kyuk or Dwi Hu Ri Gi	Hand Techniques: All Basic and Combinations Required Techniques with Hu Jin (Stepping Back) singly and in Combinations may be Required Foot Techniques: Front Pushing Kick All Single Jumping Kicks Required	A. Eight Key Concepts B. Terminology of Soo Bahk Do movements. C. Control of Breathing: Ho Hup Cho Chung D. Ten Articles of Faith on Mental Training. E. Sample Question: Do. What is its meaning?
	CHILDREN Chil Sung Sam Ro Hyung	CHILDREN #11	CHILDREN Side & Behind Wrist Grab (any one number)	CHILDREN Same	CHILDREN Same	Hand and Foot Combinations Moving Forward and Backward can be Required	
Il Gup 1 st	Passai Nai Han Ji Cho Dan Du Mun (Yuk Ro Cho Dan) Chil Sung Il Ro Hyung Chil Sung Sam Ro Hyung	#1 - #18	All Wrist Grabs	1 on 1	E Dan Dwi Cha Gi or Yonsok Kyok Pa (one Soo Gi and one Jok Gi)	Hand Techniques: All Lower Belt Requirements can be Requested Test of Basic Movements will be Conducted by Korean Terminology Foot Techniques: All Lower Belt Requirements can be Requested Test of Basic Movements will be Conducted by Korean Terminology	A. What is the meaning of the words Moo Duk Kwan? When was it founded? B. What is the meaning of the words Soo Bahk Do? When was the name Soo Bahk Do officially adopted by the Kwan Jang Nim and the Moo Duk Kwan in Korea? C. What is the meaning of the words Cho Dan?
	CHILDREN Chil Sung Il Ro Hyung Chil Sung Sam Ro Hyung	CHILDREN #1 - #11 (odd numbers only)	CHILDREN Any one of each type of wrist grab	CHILDREN Same	CHILDREN Same		