



Rank Requirements / Study Material

White Belt

	HYUNG	IL SOO SIK	HO SIN SOOL	JA YU DAE RYUN	KYOK PA	KI CHO	TERMINOLOGY
Ship Gup 10th	Ki Cho Hyung Il Bu Ki Cho Hyung E Bu	#1 - #2	Cross Wrist Grab #1 - #2	1 on 1	None	Hand Techniques: Low Block Middle Punch High Punch High Block Inside-Outside Block Outside-Inside Block Side Punch Side Block (Hu Gul Jaseh) Foot Techniques: Front Stretch Up Kick Front Snap Kick Side Stretch Up Kick Side Snap Kick Roundhouse Kick	A. Name of the art you are studying: Soo Bahk Do B. Name of the organization: Moo Duk Kwan C. Name of the founder of our style: Kwan Jang Nim Hwang Kee D. Instructor: Sa Bom Nim (4th Dan & Up, Certified Instructors), Kyo Sa Nim (2nd & 3rd Dan, Certified Instructors) E. Uniform: Do Bok F. Juniors: Hu Beh G. Courage: Yong Gi H. Seniors: Sun Beh (Nim) I. Studio: Do Jang
	CHILDREN Same	CHILDREN None	CHILDREN Cross Wrist Grab (any one number)	CHILDREN Same	CHILDREN Same		
Gu Gup 9th	Ki Cho Hyung E Bu Ki Cho Hyung Sam Bu	#1 - #4	Cross Wrist Grab #1 - #4	1 on 1	None		
	CHILDREN Same	CHILDREN Student's Choice: Combination Soo Gi & Jok Gi	CHILDREN Cross Wrist Grab (any one number)	CHILDREN Same	CHILDREN Same		