

Promotion Requirements for 1st gup	
Hyung: Pyong Ahn O Dan, Passai, Nai Han Ji Cho Dan	
Hand Technique:	
Jang Kap Kwon Kong Kyuk (Long Back Fist Attack)	
Ha Dan Mahk Kee, Tuel Oh Sang Dan Soo Do Kong Kyuk (Low Block, Reverse Knife Hand Attack)	
Ahneso Pahkuro Mahk Kee, Tuel Oh Ahneso Pahkuro Mahk Kee (Inside to Outside Block, Reverse Inside to Outside Block) (<i>Passai</i>)	
Pahkeso Ahnuro Cha Gi, Choong Dan Kong Kyuk / Tuel Oh Sang Dan Kong Kyuk (U-punch) (<i>Passai</i>)	
Foot Technique:	
Peet Cha Gi (Inverted Roundhouse Kick)	
E Dan Dwi Ahneso Pahkuro Cha Gi (Jump Back Spinning Inside to Outside Kick)	
E Dan Dwi Pahkeso Ahnuro Cha Gi (Jump Back Spinning Outside to Inside Kick)	
Free Combos	
Il Soo Sik: Ship O Bon & Ship Yuk Bon * Children: Ship O Bon	
Ho Shin Sool: Side & Rear wrist grips Il Bon & Ee Bon * Children: Two on two wrist grip - E Bon	
Sparring Combinations: Free Sparring with utilization of Tuel Oh Jang Kap Kwan Kong Kyuk (<i>combinations are optional - for extra credit</i>)	
Kyok Pa: Tuel Oh Jang Kap Kwan Kong Kyuk or Dwi Huri Gi	
Expectations of Performance	
Distance control	
Demonstrate proper intent during physical demonstrations	
Proper acceleration of movements to maximize force	
Demonstrate proper ceremony during Il Soo Sik & Ho Sin Sool	
Culture, Terminology, and History	
Describe some of the unique areas of the MooDuk Kwan (as highlighted in the Vision Tour)	
Personal Growth benefits from Soo Bahk Do training	
Meaning of "Do"	
Essay: Chil Sung Hyung	
Written Test: Unique Characteristics of Soo Bahk Do Moo Duk Kwan	
Community Service/President's Vision Tour (PVT) Activities: 6 hours	
Test Fee: \$28	
Minimum Training Requirement Since Last Test: 6 Month/48 hours	

Essay, written test, community service form, testing fee due 6 days before test.

Name _____ Age _____ Gup ID # _____ Approved by _____ Date _____