

<b>Promotion Requirments for 3rd gup</b>	
<b>Hyung:</b> Pyong Ahn Sam Dan, Pyong Ahn Sa Dan	
<b>Hand Technique:</b>	
Dwi Cha Gi, Tuel Oh Kwon Do Kong Kyuk (Back Kick, Reverse Hammer Fist Attack)	
Sang Dan Soo Do Mahk Kee/Tuel Oh Sang Dan Soo Do Kong Kyuk High Knife Hand Block/Reverse High Knife Hand Attack) ( <i>Pyung Ahn Sa Dan</i> )	
Ha Dan Ssang Soo Mahk Kee, Sang Dan Ssang Soo Mahk Kee (Low Dobule-Fist Block, High Double Knife Hand Block)	
Ha Dan Mahk Kee, Ahneso Pahkuro Mahk Kee, Tuel Oh Choong Dan Kong Kyuk (Low Block, Inside to Outside Block, Reverse Center Punch)	
<b>Foot Technique:</b>	
Dwi Huri Gi (Back Hook Kick)	
E Dan Dollyo Cha Gi (Jump Roundhouse Kick)	
E Dan Ahneso Pahkuro Cha Gi (Jump Inside to Outside Kick)	
Free Combos	
<b>Il Soo Sik:</b> Ship Il Bon & Ship E Bon * Children: Ship Il Bon	
<b>Ho Shin Sool:</b> Two on One Wrist Grips – Il Bon to Sam Bon * Children: Two on One Wrist Grips – Il Bon & Ee Bon	
<b>Sparring Combinations:</b> Free Sparring ( <i>combinations are optional - for extra credit</i> )	
<b>Kyok Pa:</b> Tuel Oh Choong Dan Kong Kyuk or E Dan Dollyo Cha Gi	
<b>Expectations of Performance</b>	
Proper Moo Do Jaseh	
Proper Shi Sun	
Demonstrate 8 Key Concepts	
<b>Culture, Terminology, and History</b>	
Specify any three (3) of your favorite 8 Key Concepts in Korean	
Discuss the benefits of the 8 Key Concepts	
History of the Founding of the Moo Duk Kwan	
Five Moo Do Values	
10 Articles of Faith on Mental Training	
<b>Essay:</b> Five Moo Do Values	
<b>Written Test:</b> Mission 2000	
<b>Community Service/President's Vision Tour (PVT) Activities:</b> 3 hours	
<b>Test Fee:</b> \$28	
<b>Minimum Training Requirement Since Last Test:</b> 3 Month/24 hours	

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

Name \_\_\_\_\_ Age \_\_\_\_ Gup ID # \_\_\_\_\_ Approved by \_\_\_\_\_ Date \_\_\_\_\_