

| Promotion Requirements for 9th Gup | |
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| Hyung: Gi Cho Hyung Il Bu (optional) | |
| Hand Technique: | |
| Ha Dan Mahk Kee (Low Block) | |
| Sang Dan Mahk Kee (High Block) | |
| Choong Dan Kong Kyuk (Center Punch) | |
| Sang Dan Kong Kyuk (High Punch) | |
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| Foot Technique: | |
| Ahp Podo Ol Ri Gi (Front Stretch Kick) | |
| Ahp Cha Nut Gi (Front Thrust Kick) | |
| Ahneso Pahkuro Cha Gi (Inside to Outside Kick) | |
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| Il Soo Sik: Il Bon / E Bon (block & counter only) *Children: Il Bon (block and counter) | |
| Ho Shin Sool: Cross hand wrist grab - Il Bon (release & counter only) <i>same for children</i> | |
| Sparring Combinations: White Belt: Il Bon & E Bon <i>(combinations are optional - for extra credit)</i> | |
| Kyok Pa: None required | |
| Expectations of Performance | |
| Proper stance and Shi Sun | |
| Proper placement of elbows in intermediate and completion position for hand techniques | |
| Proper placement of knee in chamber position for kicking techniques | |
| Proper striking of the weapon in hand and foot techniques | |
| Proper protocol within the studio (dojang) | |
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| Culture, Terminology, and History | |
| Name of the art you study | |
| Name of the style | |
| Name of the Founder and current President of the Moo Duk Kwan | |
| Uniform (Do Bak) | |
| Studio (Do Jang) | |
| Protocol for entering and leaving the Do Jang | |
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| Essay: Comparison of US & Korean Flags | |
| Written Test: 8 Key Concepts | |
| Community Service/ President's Vision Tour (PVT) Activities: 1 hour | |
| Test Fee: \$28 | |
| Minimum Training Requirement Since Last Test: 1 Month/8 hours | |

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

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