

Promotion Requirements for 2nd gup	
Hyung: Pyong Ahn Sa Dan, Pyong Ahn O Dan	
Hand Technique:	
Wheng Jin Kong Kyuk, Hu Jin Yup Mahk Kee (Side Punch, shift back Side Block)	
Choi Ha Dan Soo Do Mahk Kee (Ground Block with Knife Hand)	
Ee Dan Ha Dan Ssang Soo Mahk Kee (Jumping Low X Block) (<i>Pyong Ahn O Dan</i>)	
Pahkeso Ahnuro Cha Gi, Pahl Koop Kong Kyuk (Outside to Inside Kick, Elbow Strike) (<i>Passai</i>)	
Foot Technique:	
Dwi Ahneso Pahkuro Cha Gi (Back Spinning Inside to Outside Kick)	
E Dan Dwi Cha Gi (Jump Back Kick)	
E Dan Dwi Huri Gi (Jumping Back Spinning Hook Kick)	
Free Combos	
Il Soo Sik: Ship Sam Bon & Ship Sa Bon * Children: Ship Sam Bon	
Ho Shin Sool: Two on two wrist grips – Il Bon - Sa Bon * Children: Two on two wrist grip - Il Bon	
Sparring Combinations: Red Belt – Il Bon to Sam Bon & Free Sparring (<i>combinations are optional - for extra credit</i>)	
Kyok Pa: Yuk Soo Do Kong Kyuk or Yup Hu Ri Gi	
Expectations of Performance	
Distance control	
Demonstration of proper intent during physical demonstrations	
Proper acceleration of movements to maximize force	
Demonstration of proper ceremony during Il Soo Sik & Ho Sin Sool	
Culture, Terminology, and History	
Share any good social experience as a result of your Soo Bahk Do training	
Moo Duk Kwan History	
8 Key Concepts	
Philosophy of the Art	
Essay: Song of the Ship Sam Seh	
Written Test: O Heng and Pahl Gwe	
Community Service/President's Vision Tour (PVT) Activities: 3 hours	
Test Fee: \$28	
Minimum Training Requirement Since Last Test: 3 Month/24 hours	

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

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