

Promotion Requirments for 4th gup	
Hyung: Pyong Ahn E Dan, Pyong Ahn Sam Dan	
Hand Technique:	
Sang Dan Soo Do Mahk Kee (High Knife Hand Block)	
Sang Dan Ssang Soo Mahk Kee (High Two Knife Hand Block)	
Ha Dan Mahk Kee, Tuel Oh Sang Dan Kong Kyuk (Low Block, Reverse High Punch)	
Sang Dan Mahk Kee, Tuel Oh Choong Dan Kong Kyuk (High Block, Reverse Center Punch)	
Foot Technique:	
Yup Huri Gi (Side Hook Kick)	
E Dan Yup Podo Cha Gi (Jumping Side Kick - front leg)	
Yup Podo Cha Gi, Dwi Cha Gi (Side Kick, Back Kick)	
Free combos	
Il Soo Sik: Ku Bon & Ship Bon * Children: Ku Bon	
Ho Shin Sool: Same side wrist grips - Sam Bon & Sa Bon * Children: Same side wrist grips – Ee Bon	
Sparring Combinations: Green Belt Sam Bon & Sa Bon & Free Sparring <i>(combinations are optional - for extra credit)</i>	
Kyok Pa: Jang Kwan Kong Kyuk or Dollyo Cha Gi	
Expectations of Performance	
Proper Moo Do Jaseh	
Proper focus of weapon to target	
Proper respect to senior and junior members	
Proper weapon discipline	
Proper process of 'chain of command' in hand/foot basics	
Proper demonstration of 8 Key Concepts	
Culture, Terminology, and History	
Specify three (3) of your favorite 8 Key Concepts in Korean and explain how they help you in your training	
Humility (Kyum Sun)	
Basic Termnology	
Significance of the Moo Duk Kwan flag	
Essay: History of Soo Bahk Do	
Written Test: Lineage (Training Family Tree)	
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 _____