

<b>Promotion Requirements for 5th gup</b>	
<b>Hyung:</b> Pyong Ahn Cho Dan, Pyong Ahn E Dan	
<b>Hand Technique:</b>	
Choong Dan Soo Do Mahk Kee (Middle Knife Hand Block)	
Ha Dan Ssang Soo Mahk Kee (Low Two Hand X-Block)	
Kwan Soo Kong Kyuk (Spear Hand Strike)	
Kwon Do Kong Kyuk (Hammer Fist Strike)	
Free Combos	
<b>Foot Technique:</b>	
Pahkeso Ahnuro Cha Gi (Outside to Inside Kick - offensive)	
Pahkeso Ahnuro Cha Gi (Outside to Inside Kick - defensive)	
E Dan Yup Podo Cha Gi (Jumping Side Kick - rear leg)	
Free combos	
<b>Il Soo Sik:</b> Chil Bon & Pahl Bon * Children: Chil Bon	
<b>Ho Shin Sool:</b> Same side wrist grips - Il Bon & E Bon * Children: Same side wrist grip - Il Bon	
<b>Sparring Combinations:</b> Green Belt: Il Bon & E Bon & Free Sparring <i>(combinations are optional - for extra credit)</i>	
<b>Kyok Pa:</b> Kwon Do Kong Kyuk or Dwi Podo Cha Gi	
<b>Expectations of Performance</b>	
Proper Ki Hap, spirit, and Moo Do Jaseh	
Proper focus (Shi Sun)	
Proper respect to senior and junior members	
Proper weapon discipline	
Proper process of 'chain of command' in hand/foot basics	
Proper demonstration of speed control (Wan Gup)	
<b>Culture, Terminology, and History</b>	
Adults: Discuss personal benefits from your Soo Bahk Do training and the 8 Key Concepts	
Children: List favorite 8 Key Concept and why	
Meaning of Chil Sung	
Honesty: Choong Jik	
Korean Numbers II - Ship	
Questions about protocol and etiquette	
<b>Essay:</b> Comparing Soo Bahk Do to Another Art	
<b>Written Test:</b> 10 Articles of Faith	
<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 \_\_\_\_\_