



2nd Gup Candidate Requirements

Ki Cho

- A). Hand Techniques – All Basic and Combinations Required, With Emphasis on Tuel Oh (Twisting) Defenses and Offenses.
- B). Foot Techniques – Front Pushing Kick, All Single Jumping Kicks Required.
Hand and Foot Combinations Required.

Hyung

Passai
Chil Sung Il Ro Hyung
Chil Sung Sam Ro Hyung

Il Soo Sik Dae Ryun

13 - # 16

Ho Sin Sool

Two on Two Wrist Grab: # 1 - # 4

Kyok Pa

Yuk Soo Do Kong Kyuk or Yup Hu Ri Gi

Oral Exam

- A. Terminology of Soo Bahk Do movements.
- B. Ten Articles of Faith on Mental Training.
- C. Philosophy and history of Soo Bahk Do and the Moo Duk Kwan.
- D. Sample Questions:
Courage: Yong Gi, Concentration: Chung Shin Tong Il, Endurance: In Neh, Honesty: Chung Jik,
Humility: Kyum Son.
Why are these “Key Concepts” of Soo Bahk Do important?