



3rd Gup Candidate Requirements

Ki Cho

- A). Hand Techniques – All Basic and Combinations Required.
- B). Foot Techniques – All Basic Foot Techniques, Back Spinning Kick (Long Distance), Jumping Inside/Outside, Kicking Combinations. Hand and Foot Combinations can be Required.

Hyung

Pyung Ahn O Dan
Chil Sung Il Ro Hyung
Chil Sung Sam Ro Hyung (½)

Il Soo Sik Dae Ryun

11 - # 14

Ho Sin Sool

Two on Two Wrist Grab: # 1 - # 2

Kyok Pa

Chung Kwon Kong Kyuk or E-Dan Dollyo Cha 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.