



4th Gup Candidate Requirements

Ki Cho

- A). Hand Techniques – Soo Do Attacks, Yuk Soo Do Attacks, Yuk Jin, Hand Technique Combinations.
- B). Foot Techniques – Yup Hu Ri Gi, E Dan Dollyo Cha Gi, E Dan Yup Podo Cha Gi, Kicking Combinations.

Hyung

Pyung Ahn Sam Dan
Pyung Ahn Sa Dan
Chil Sung Il Ro Hyung
Chil Sung E Ro Hyung

Il Soo Sik Dae Ryun

9 - # 12

Ho Sin Sool

Two on One Wrist Grab: # 1 - # 3

Kyok Pa

Soo Do Kong Kyuk or E-Dan Yup Podo Cha Gi

Oral Exam

- A. Self-Defense: Ho Sin Sool
- B. One-Step Sparring: Il Soo Sik Dae Ryun
- C. External Power: Weh Gung
- D. Spiritual (Mental) Power: Shim Gung
- E. Breaking: Kyok Pa
- F. Internal Power: Neh Gung
- G. Free Sparring: Ja Yu Dae Ryun
- H. Humility: Kyum Son
- I. Sample Questions: Explain the meaning of the symbols in the Moo Duk Kwan Flag.; How does Muk Nyum help you before training?