



# 7<sup>th</sup> Gup Candidate Requirements

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## Ki Cho

- A). Hand Techniques – Soo Do Low Block, Reverse Punches (High and Middle), Hand Combinations: Low Block, Reverse Middle Punch; High Block, Reverse Middle Punch.
- B). Foot Techniques – Front Inside-Outside Snap Kick, Front Jump Kick, Roundhouse Kick, Side Snap Kick, and Kicking Combinations.

## Hyung

Ki Cho Hyung Sam Bu  
Pyung Ahn Cho Dan

## Il Soo Sik Dae Ryun

# 3 - # 6

## Ho Sin Sool

Same Side Wrist Grab: # 1 - # 2

## Kyok Pa

Pahl Koop Kong Kyuk or Ahp Cha Nut Gi

## Oral Exam

- A. Name of the art you are studying: Soo Bahk Do
- B. Name of the founder of our style: Kwan Jang Nim Hwang Kee
- C. Instructor: Sa Bom Nim (4<sup>th</sup> Dan & Up, Certified Instructors)  
Kyo Sa Nim (2<sup>nd</sup> & 3<sup>rd</sup> Dan, Certified Instructors)
- D. Seniors: Sun Beh (Nim)
- E. Juniors: Hu Beh
- F. Studio: Do Jang
- G. One: Ha Na, Two: Dool, Three: Set, Four: Net, Five: Da Sot, Six: Yuh Sot, Seven: Il Gop, Eight: Yo Dull, Nine: Ah Hope, Ten: Yohl
- H. Concentration: Chung Shin Tong Il