



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

---

## Ki Cho

- A). Hand Techniques – Low Block, Middle Punch, High Punch, High Block, Inside-Outside Block, Outside-Inside Block, Side Punch, Side Block (Hu Gul Jaseh).
- B). Foot Techniques – Front Straight Up Kick, Front Snap Kick, Side Straight Up Kick, Side Snap Kick, Roundhouse Kick.

## Hyung

Ki Cho Hyung E Bu  
Ki Cho Hyung Sam Bu

## Il Soo Sik Dae Ryun

# 1 - # 4

## Ho Sin Sool

Cross Wrist Grab: # 1 - # 4

## Kyok Pa

None Required

## Oral Exam

- A. Name of the art you are studying: Soo Bahk Do
- B. Name of the organization: Moo Duk Kwan
- C. Name of the founder of our style: Kwan Jang Nim Hwang Kee
- D. 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)
- E. Uniform: Do Bok
- F. Juniors: Hu Beh
- G. Courage: Yong Gi
- H. Seniors: Sun Beh (Nim)
- I. Studio: Do Jang