



Soo Bahk Do Moo Duk Kwan Curriculum

Rank	Minimum Time Requirement	Basic Movements (Ki Cho Bup)		Forms (Hyung)	One Step Sparring (Il Soo Sik Deh Ryun)		Self Defense (Ho Shin Sul)		Free Sparring (Ja Yu Deh Ryun)	Breaking (Kyok Pa)	Expectations of Performance	Culture / Terminology / History
		Hand Techniques	Foot Techniques		Children	Adult	Children	Adult				
10th Gup	1st Class	Low Block High Block Middle Punch High Punch	Front Stretch Kick Front Thrust Kick	None	None	#1-2 (Side Step with Block and Counter Only)	None	Cross Hand Grip #1 (First Two Moves Only; Release and Counter)	White Belt Combinations #1-2	None	- Proper stance and Shi Sun - Proper placement of elbows in intermediate and completion position for hand techniques - Proper placement of knee in chamber position for kicking techniques - Proper striking of the weapon in hand and foot techniques - Proper protocol within the studio (Do Jang)	- Name of the art you study - Name of the style - Name of the Founder and current President of Moo Duk Kwan® - Uniform (Do Bak) - Studio (Do Jang) - Protocol for entering and leaving the Do Jang
9th Gup	1 Month	High Block Inside/Outside Block	Roundhouse Kick Inside/Outside Kick	Basic Form # 1 (Ki Cho Hyung Il Bu) Basic Form # 2 (Ki Cho Hyung Ee Bu)	None	#1-2	Cross Hand Grip #1 (First Two Moves Only; Release and Counter)	Cross Hand Grip #1	White Belt Combinations #3-5	None	- Proper stance and Shi Sun - Proper placement of elbows in intermediate and completion position for hand techniques - Proper placement of knee in chamber position for kicking techniques - Proper striking of the weapon in hand and foot techniques - Proper protocol within the studio (Do Jang)	- What is your favorite 8 Key Concept and how does it help you in your daily life (school, work, spirit, etc.)? - 8 Key Concepts - Belt colors and meaning - Instructor: Sa Bom Nim / Kyo Sa Nim / Jo Kyo Nim - Seniors / (Yong Gi) - Seniors / Juniors: Sun Beh / Huh Beh
8th Gup	2 Months	Outside/Inside Block Side Punch Elbow Attack Inside/Outside Block (Back Stance)	Side Stretch Kick Side Thrust Kick Roundhouse Kick Jump Front Thrust Kick	Basic Form # 3 (Ki Cho Hyung Sam Bu)	None	#3-4	Cross Hand Grip #2 (First Two Moves Only; Release and Counter)	Cross Hand Grip #2	Orange Belt Combinations #1-2 Free Sparring	Pahl Koop Kong Kyuk or Ahp Cha Nut Gi	- Proper stance and Shi Sun - Proper placement of elbows in intermediate and completion position for hand techniques - Proper placement of knee in chamber position for kicking techniques - Proper striking of the weapon in hand and foot techniques - Proper protocol within the studio (Do Jang)	- Concentration (Chung Shin Tong Il) - Discuss the benefits of the 8 Key Concepts in your daily life (activities) - Count from 1 to 10 in Korean
7th Gup	3 Months	Low Knife Hand Block Two Fist Middle Block Hammer Fist Strike	Inside/Outside Kick Back Thrust Kick Hand and Foot Combinations Using All Known Techniques	Pyung Ahn Cho Dan	#1 (Side Step with Block and Counter Only)	#5-6	Cross Hand Grip #1	Cross Hand Grips #3-4	Orange Belt Combinations #3-5 Free Sparring	Kwon Do Kong Kyuk or Yup Podo Cha Gi	- Proper Ki Hap, Spirit, Shi Sun, and Moo Do Jaseh - Proper focus of weapon to target - Proper respect to senior and junior members - Proper weapon discipline - Proper process of 'chain of command' in hand/foot basics - Proper demonstration of speed control (Wan Gup)	- Discuss any resullied experience outside the Do Jang connected to the 8 Key Concepts - Basic: Gi Cho - Form: Hyung - Attention: Cha Ryut - Attack: Kong Kyuk - Meditation: Muk Nyum - Return: Ba Ro - Defense: Mahk Kee - Begin: Si Jak - Endurance: In Neh - Bow: Kyung Reh - Sparring: Deh Ryun
6th Gup	3 Months	Middle Knife Hand Block Low Two Hand Block Spear Hand Strike Hammer Fist Strike	Outside/Inside Kick Jump Side Kick Hand and Foot Combinations Using All Known Techniques, Including Use of Huri Flow	Chil Sung E Ro Hyung <i>Optional: Pyung Ahn E Dan</i>	#3 (Side Step with Block and Counter Only)	#7-8	Cross Hand Grip #2	Same Side Grip #1-2	Green Belt Combinations #1-2 Free Sparring	Kwon Do Kong Kyuk or Dwi Podo Cha Gi	- Proper Ki Hap, Spirit, and Moo Do Jaseh - Proper focus (Shi Sun) - Proper respect to senior and junior members - Proper weapon discipline - Proper process of 'chain of command' in hand/foot basics - Proper demonstration of speed control (Wan Gup)	- Adults: Discuss personal benefits from your Soo Bahk Do training and the 8 Key Concepts. - Children: List favorite 8 Key Concept and why - Meaning of Chil Sung - Honesty: Chung Jik - Korean numbers: Il - Ship - Questions about protocol and etiquette
5th Gup	3 Months	High Knife Hand Block High Two Hand Block	Side Hook Kick Hand and Foot Combinations Using All Known Techniques	Chil Sung Il Ro Hyung Chil Sung E Ro Hyung <i>Optional: Pyung Ahn Sam Dan</i>	#1	#9-10	Same Side Grip #1	Same Side Grip #3-4	Green Belt Combinations #3-4 Free Sparring	Jang Kwon Kong Kyuk or Dollyo Cha Gi	- Proper Moo Do Jaseh - Proper focus of weapon to target - Proper respect to senior and junior members - Proper weapon discipline - Proper process of 'chain of command' in hand/foot basics - Proper demonstration of 8 Key Concepts	- Specify three (3) of your favorite 8 Key Concepts in Korean and explain how they help you in your training - Humility: Kyum Son - Basic Terminology - Significance of the Moo Duk Kwan flag
4th Gup	3 Months	Double Back Fist Attack	Back Spinning Axe Kick Jump Roundhouse Kick Jump Inside/Outside Kick Hand and Foot Combinations Using All Known Techniques, Including Jump Kicks.	Chil Sung Il Ro Hyung <i>Optional: Pyung Ahn Sa Dan</i>	#3	#11-12	Same Side Grip #2	Two on One Wrist Grip #1-3	Free Sparring	Tuel Oh Choong Dan Kong Kyuk or E Dan Dollyo Cha Gi	- Proper Moo Do Jaseh - Proper Shi Sun - Demonstrate 8 Key Concepts	- Specify any three (3) of your favorite 8 Key Concepts in Korean - Discuss the benefits of the 8 Key Concepts - History of the founding of the Moo Duk Kwan - Five Moo Do Values - 10 Articles of Faith on Mental Training



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		Hand Techniques	Foot Techniques		Children	Adult	Children	Adult				
3rd Gup	3 Months	Ground Block with Knife Hand Hammer Fist Strike	Back Spinning Heel Kick Jump Back Kick Jump Back Spinning Axe Kick Hand and Foot Combinations Using All Known Techniques, Including Jump Kicks	Chil Sung Sam Ro Hyung <i>Optional:</i> <i>Pyung Ahn O Dan</i>	#5	#13-14	Two on One Wrist Grip #1	Two on Two Wrist Grip #1-2	Red Belt Combinations #1-3 Free Sparring	Yuk Soo Do Kong Kyuk or Yup Huri Gi	<ul style="list-style-type: none"> - Distance control - Demonstration of proper intent during physical demonstration - Proper acceleration of movement to maximum force - Demonstration of proper ceremony during Il Soo Sik and Ho Shin Sul 	<ul style="list-style-type: none"> - Share any good social experience as a result of your Soo Bahk Do training - Moo Duk Kwan History - 8 Key Concepts - Philosophy of the Art
2nd Gup	3 Months	Double Back Fist Strike	Inverted Roundhouse Kick Jump Back Spinning Axe Kick Jump Back Spinning Heel Kick Hand and Foot Combinations Using All Known Techniques, Including Jump kicks. Demonstrate Use of Huri and its flow.	Du Mun Chil Sung Sam Ro Hyung	#7	#15-16	Two on One Wrist Grip #1	Two on Two Wrist Grip #3-4	Free Sparring (Combination with Utilization of Tuel Oh Jang Kap Kwon Kong Kyuk)	Tuel Oh Jang Kap Kwon Kong Kyuk or Dwi Huri Gi	<ul style="list-style-type: none"> - Distance control - Demonstration of proper intent during physical demonstration - Proper acceleration of movement to maximum force - Demonstration of proper ceremony during Il Soo Sik and Ho Shin Sul 	<ul style="list-style-type: none"> - Describe some of the unique areas of the Moo Duk Kwan (unique areas as highlighted in the Vision Tour) - Personal growth benefits from Soo Bahk Do training - Meaning of "Do"
1st Gup	6 Months	All Lower Belt Techniques and Requirements	Hand and Foot Combinations Using All Known Techniques	Passai Chil Sung Il Ro Hung Chil Sung Sam Ro Hyung Du Mun Hyung	#1-9 (Odd Numbers Only)	#1-18	#1-2 of the Following Sets: Cross Wrist Grips, Same Side Wrist Grips, Two on One Wrist Grips, Two on Two Wrist Grips	Side Wrist Grips #1-2 Rear Wrist Grips #1-2 (All Lower Belt Requirements)	Free Sparring	Ee Dan Dwi Cha Gi (Jump Back Kick) or Yeon Soo Kyok Pa with One Soo Gi Technique and One Jok Gi Technique	<ul style="list-style-type: none"> - Distance control - Demonstration of proper intent during physical demonstration - Proper acceleration of movement to maximum force - Demonstration of proper ceremony during Il Soo Sik and Ho Shin Sul 	See Standard World Moo Duk Kwan Questions Along with Written Examination
Cho Dan (1st Degree)	6 Months	Soo Bahk Do Ki Cho (Il Bon Techniques) All Lower Belt Techniques and Requirements	Hand and Foot Combinations Using All Known Techniques	Joong Jul Jin Do Chil Sung Sam Ro Hyung Pyung Ahn E Dan <i>Optional:</i> <i>Naihanji Cho Dan</i>	#1-17 (Odd Numbers Only)	Sam Soo Sik Deh Ryun (3-Step Sparring)	All Wrist Grips Including Back and Side Grips Knife (Dhando) Defense	Lower Sleeve Grips Knife (Dhando) Defense	Free Sparring Da Soo In Deh Ryun - Double (2 on 1) Opponent Sparring	Ee Dan Ssang Bal Cha Gi (Double Jump Front Split Kick) or Yeon Soo Kyok Pa with One Soo Gi Technique and Two Jok Gi Techniques	<ul style="list-style-type: none"> - Proper Moo Do Jaseh - Connection of 8 Key Concepts - Demonstrate Shim Gung, Neh Gung, and Weh Gung - Demonstration of Shin Chook in movement 	See Standard World Moo Duk Kwan Questions Along with Written Examination
Ee Dan (2nd Degree)	2 Years	Soo Bahk Do Ki Cho (E Bon Techniques) All Lower Belt Techniques and Requirements	Hand and Foot Combinations Using All Known Techniques	Po Wol Chil Sung Sa Ro Hyung Ro Hai Pyung Ahn Sam Dan <i>Optional:</i> <i>Naihanji E Dan</i>	Jua Deh Ryun (Sparring from the Ground)	Jua Deh Ryun (Sparring from the Ground)	Mid-Sleeve Grips Staff Defense (Jang Bong)	Mid-Sleeve Grips Staff Defense (Jang Bong)	Free Sparring Da Soo In Deh Ryun - Double (2 on 1) Opponent Sparring	Ro Hai	<ul style="list-style-type: none"> - Proper Moo Do Jaseh - Connection of 8 Key Concepts - Demonstrate Shim Gung, Neh Gung, and Weh Gung - Demonstration of proper line of technique combined with maximization of acceleration and speed 	See Standard World Moo Duk Kwan Questions Along with Written Examination
Sam Dan (3rd Degree)	3 Years	All Lower Belt Techniques and Requirements	Hand and Foot Combinations Using All Known Techniques	Chil Sung O Ro Hyung Yang Pyun Sip Soo Kong Sang Koon Pyung Ahn Sa Dan <i>Optional:</i> <i>Naihanji Sam Dan</i>	Tuk Soo Deh Ryun	Tuk Soo Deh Ryun	All Lower Belt Requirements	All Lower Belt Requirements	Free Sparring	None	<ul style="list-style-type: none"> - Proper Moo Do Jaseh - Connection of 8 Key Concepts - Understanding and application in practice of Shim Gung, Neh Gung, and Weh Gung - Demonstration of breath initiating Shin Chook connected with proper "chain of command" 	<ul style="list-style-type: none"> - Brief explanation of the Sip Sam Seh and O-Heang and what did you learn from it? - History and meaning of required Hyung.