

Soo Bahk Do Moo Duk Kwan Curriculum



Rank		9th Gup (White Belt w/stripe)		Children	None
Minimum Time Requirement		3 Months	Self Defense (Hol Sin Sul)	Adult	Cross Hand Grip #1 (First Two Moves Only; Release and Counter)
Basic Movements	Hand Techniques (Soo Gi)	Low Block High Block Middle Punch High Punch	Free Sprarring (Ja Yu Dae Ryun)	White Belt Combinations #1-2	
	Foot Techniques (Jok Gi)	Front Stretch Kick Front Thrust Kick	Breaking (Kyo Pa)	None	
Forms (Hyung)		None	Expectations of Performance	<ul style="list-style-type: 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) 	
One Step Sparring (Il Soo Sik Deh Ryun)	Children	None	Culture / Terminology / History	<ul style="list-style-type: none"> -Name of the Art you study; -Name of the Style; -Name of the Founder and Current President of Moo Duk Kwan; -Uniform (Do Bahk); -Studio (Do Jang); -Protocol for entering and leaving the Do Jang. 	
	Adult	#1-2 One Step Counter Only			

**Federation Membership is required to receive any certifications.
Please see an instructor for Federation Membership application.**

Soo Bahk Do Moo Duk Kwan Curriculum



Rank		8th Gup (Orange Belt)	Self Defense (Hol Sin Sul)	Children	Cross Hand Grip #1 (First Two Moves Only; Release and Counter Only)
Minimum Time Requirement		3 Months		Adult	Cross Hand Grip #1
Basic Movements	Hand Techniques (Soo Gi)	High Block Inside/Outside Block	Free Sprarring (Ja Yu Dae Ryun)	White Belt Combinations #3-5	
	Foot Techniques (Jok Gi)	Roundhouse Kick Inside/Outside Kick	Breaking (Kyo Pa)	None	
Forms (Hyung)		Basic Form #1 (Ki Cho Hyung Il Bu) Basic Form #2 (Ki Cho Hyung Ee Bu)	Expectations of Performance	-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)	
One Step Sparring (Il Soo Sik Deh Ryun)	Children	None	Culture / Terminology / History	-What is you 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 -Courage (Yong Gi) -Seniors / Juniors: Sun Bey / Huh Bey.	
	Adult	#1-2			

**Federation Membership is required to receive any certifications.
Please see an instructor for Federation Membership application.**

Soo Bahk Do Moo Duk Kwan Curriculum



Rank		7th Gup (Orange Belt w/stripe)	Self Defense (Hol Sin Sul)	Children	Cross Hand Grip #2 (First Two Moves Only; Release and Counter Only)
Minimum Time Requirement		3 Months		Adult	Cross Hand Grip #2
Basic Movements	Hand Techniques (Soo Gi)	Outside/Inside Block Side Punch Elbow Attack Inside/Outside Block (Back Stance)	Free Sprarring (Ja Yu Dae Ryun)	Orange Belt Combinations #1-2 Free Sparring	
	Foot Techniques (Jok Gi)	Side Stretch Kick Side Thrust Kick Jump Front Thrust Kick	Breaking (Kyo Pa)	Pahl Koop Kong Kyuk or Ahp Cha Nut Gi Children: None	
Forms (Hyung)		Basic Form #3 (Ki Cho Hyung Sam Bu)	Expectations of Performance	<ul style="list-style-type: 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) 	
One Step Sparring (Il Soo Sik Deh Ryun)	Children	None	Culture / Terminology / History	<ul style="list-style-type: none"> -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 	
	Adult	#3-4			

**Federation Membership is required to receive any certifications.
Please see an instructor for Federation Membership application.**

Soo Bahk Do Moo Duk Kwan Curriculum



Rank		6th Gup (Green Belt)		Self Defense (Hol Sin Sul)	Children	Cross Hand Grip #1
Minimum Time Requirement		3 Months			Adult	Cross Hand Grips #3-4
Basic Movements	Hand Techniques (Soo Gi)	Low Knife Hand Block Two Fist Middle Block Hammer Fist Strike		Free Sparring (Ja Yu Dae Ryun)	Orange Belt Combinations #3-5 Free Sparring	
	Foot Techniques (Jok Gi)	Inside/Outside Kick Back Thrust Kick Hand & Foot Combinations Using All Known Techniques		Breaking (Kyo Pa)	Kwan Do Kong Kyuk or Yup Podo Cha Gi Children: None	
Forms (Hyung)		Pyong Ahn Cho Dan		Expectations of Performance	<ul style="list-style-type: none"> -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) 	
One Step Sparring (Il Soo Sik Deh Ryun)	Children	#1 (Side Step w/block and Counter Only)		Culture / Terminology / History	<ul style="list-style-type: none"> -Discuss any resulted 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: Dae Ryun 	
	Adult	#5-6				

**Federation Membership is required to receive any certifications.
Please see an instructor for Federation Membership application.**

Soo Bahk Do Moo Duk Kwan Curriculum



Rank		5th Gup (Green Belt w/one stripe)	Self Defense (Hol Sin Sul)	Children	Cross Hand Grip #2
Minimum Time Requirement		3 Months		Adult	Same Side Grips #1-2
Basic Movements	Hand Techniques (Soo Gi)	Middle Knife Hand Block Low Two Hand Block Spear Hand Strike Hammer Fist Strike	Free Sparring (Ja Yu Dae Ryun)	Green Belt Combinations #1-2 Free Sparring	
	Foot Techniques (Jok Gi)	Outside/Inside Kick Jump Side Kick Hand & Foot Combinations Using All Known Techniques Including use of Huri Flow	Breaking (Kyo Pa)	Kwan Do Kong Kyuk or Dwi Podo Cha Gi	
Forms (Hyung)		Chil Sung E Ro Hyung	Expectations of Performance	<ul style="list-style-type: none"> -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) 	
One Step Sparring (Il Soo Sik Deh Ryun)	Children	#3 (Side Step w/block and Counter Only)	Culture / Terminology / History	<ul style="list-style-type: none"> -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 Song -Honesty (Chung Jik) -Korean numbers: Il-Ship -Questions about protocol and etiquette 	
	Adult	#7-8			

**Federation Membership is required to receive any certifications.
Please see an instructor for Federation Membership application.**

Soo Bahk Do Moo Duk Kwan Curriculum



Rank		4th Gup (Green Belt w/two stripes)	Self Defense (Hol Sin Sul)	Children	Same Side Grip #1
Minimum Time Requirement		3 Months		Adult	Same Side Grips #3-4
Basic Movements	Hand Techniques (Soo Gi)	High Knife Hand Block High Two Hand Block	Free Sprarring (Ja Yu Dae Ryun)	Green Belt Combinations #3-4 Free Sparring	
	Foot Techniques (Jok Gi)	Side Hook Kick Hand & Foot Combinations Using All Known Techniques	Breaking (Kyo Pa)	Jang Kwan Kyuk or Dollyo Cha Gi	
Forms (Hyung)		Chil Sung II Ro Hyung Chil Sung E Ro Hyung	Expectations of Performance	<ul style="list-style-type: none"> -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 	
One Step Sparring (Il Soo Sik Deh Ryun)	Children	#1	Culture / Terminology / History	<ul style="list-style-type: none"> -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 	
	Adult	#9-10			

**Federation Membership is required to receive any certifications.
Please see an instructor for Federation Membership application.**

Soo Bahk Do Moo Duk Kwan Curriculum



Rank		3rd Gup (Red Belt)		Self Defense (Hol Sin Sul)	Children	Same Side Grip #2
Minimum Time Requirement		6 Months			Adult	Two on One Wrist Grip #1-3
Basic Movements	Hand Techniques (Soo Gi)	Double Back Fist Attack		Free Sprarring (Ja Yu Dae Ryun)	Free Sparring	
	Foot Techniques (Jok Gi)	Back Spinning Axe Kick Jump Roundhouse Kick Jump Inside/Outside Kick Hand & Foot Combinations Using All Known Techniques including Jump Kicks		Breaking (Kyo Pa)	Tuel Oh Choong Dan Kong Kyuk or E Dan Dollyo Cha Gi	
Forms (Hyung)		Chil Sung II Ro Hyung		Expectations of Performance	-Proper Moo do Jaseh -Proper Shi Sun -Demonstrate 8 Key Concepts	
One Step Sparring (Il Soo Sik Deh Ryun)	Children	#3		Culture / Terminology / History	-Specify 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	
	Adult	#11-12				

**Federation Membership is required to receive any certifications.
Please see an instructor for Federation Membership application.**

Soo Bahk Do Moo Duk Kwan Curriculum



Rank		2nd Gup (Red Belt w/one stripe)		Children	Two on One Wrist Grip #1
Minimum Time Requirement		6 Months	Self Defense (Hol Sin Sul)	Adult	Two on Two Wrist Grips #1-2
Basic Movements	Hand Techniques (Soo Gi)	Ground Block with Knife Hand Hammer Fist Strike	Free Sparring (Ja Yu Dae Ryun)	Red Belt Combinations #1-3 Free Sparring	
	Foot Techniques (Jok Gi)	Back Spinning Heel Kick Jump Back Kick Jump Spinning Axe Kick Hand & Foot Combinations Using All Known Techniques including Jump Kicks	Breaking (Kyo Pa)	Yuk Soo Do Kong Kyuk or Yup Huri Gi	
Forms (Hyung)		Chil Sung Sam Ro Hyung	Expectations of Performance	<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 Sin Sul 	
One Step Sparring (Il Soo Sik Deh Ryun)	Children	#5	Culture / Terminology / History	<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 -Five Moo Do Values -Philosophy of the Art 	
	Adult	#13-14			

**Federation Membership is required to receive any certifications.
Please see an instructor for Federation Membership application.**

Soo Bahk Do Moo Duk Kwan Curriculum

Rank		1st Gup (Red Belt w/two stripes)		Children	Two on One Wrist Grip #2
Minimum Time Requirement		6 Months	Self Defense (Hol Sin Sul)	Adult	Two on Two Wrist Grips #3-4
Basic Movements	Hand Techniques (Soo Gi)	Double Back Fist Strike	Free Sparring (Ja Yu Dae Ryun)	Free Sparring (Combination with Utilization of Tuel Oh Jang Kap Kwon Kong Kyuk)	
	Foot Techniques (Jok Gi)	Inverted Roundhouse Kick Jump Back Spinning Axe Kick Jump Back Spinning Heel Kick Hand & Foot Combinations Using All Known Techniques including Jump Kicks Demonstrate Use of Huri and it's flow	Breaking (Kyo Pa)	Tuel Oh Jang Kap Kwon Kyuk or Dwi Huri Gi	
Forms (Hyung)		Du Mun Chil Sung Sam Ro Hyung	Expectations of Performance	<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 Sin Sul 	
One Step Sparring (Il Soo Sik Deh Ryun)	Children	#7	Culture / Terminology / History	<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" 	
	Adult	#15-16			

**Federation Membership is required to receive any certifications.
Please see an instructor for Federation Membership application.**

Soo Bahk Do Moo Duk Kwan Curriculum



Rank		Cho Dan (Midnight Blue)	Self Defense (Hol Sin Sul)	Children	#1-2 of the following sets: Cross Wrist Grips Same Side Wrist Grips Two on One Wrist Grips Two on Two Wrist Grips
Minimum Time Requirement		1 Year		Adult	Side Wrist Grips Rear Wrist Grips (All Lower Belt Requirements)
Basic Movements	Hand Techniques (Soo Gi)	All Lower Belt Techniques and Requirements	Free Sparring (Ja Yu Dae Ryun)	Free Sparring	
	Foot Techniques (Jok Gi)	Hand & Foot Combinations Using All Known Techniques	Breaking (Kyo Pa)	Ee Dan Dwi Cha Gi (Jump Back Kick) or Yeon Soo Kyok Pa With One Soo Gi Technique and One Jok Gi Technique	
Forms (Hyung)		Passai Du Mun Chil Sung Il Ro Hyung Chil Sung Sam Ro Hyung	In Neh	-Thirty (30) seconds of continuous punching (Kee Mah Jaseh) with focus on power, speed, and proper direction of hip for maximum effectiveness of each punch. Goal: 120 punches with proper technique and form.	
One Step Sparring (Il Soo Sik Deh Ryun)	Children	#1-9 (Odd Numbers Only)	Culture / Terminology / History	-See Standard World Moo Duk Kwan Questions Along with Written Examination	
	Adult	#1-18			

**Federation Membership is required to receive any certifications.
Please see an instructor for Federation Membership application.**

Soo Bahk Do Moo Duk Kwan Curriculum

Gardena Soo Bahk Do					
Rank	E Dan (Midnight Blue)		Self Defense (Hol Sin Sul)	Children	All Wrist Grips Including Back & Side Grips Knife (Dhando) Defense
Minimum Time Requirement	2 Years			Adult	Lower Sleeve Grabs Knife (Dhando) Defense
Basic Movements	Hand Techniques (Soo Gi)	All Lower Belt Techniques and Requirements	Free Sprarring (Ja Yu Dae Ryun)	Free Sparring	
	Foot Techniques (Jok Gi)	Soo Bahk Do Gi Cho (Il Bon Techniques) Hand & Foot Combinations Using All Known Techniques	Breaking (Kyo Pa)	Ee Dan Ssang Bal Cha Gi (Double Jump Split Kick) or Yeon Soo Kyok Pa With One Soo Gi Technique and One Jok Gi Technique	
Forms (Hyung)		Joong Jul Jin Do Chil Sung Sam Ro Pyong Ahn E Dan	In Neh	-Ahp Bal Ahp Cha Nut Gi (Lead Leg) performed in Hu Gul Jaseh (30) Seconds of continuous kicking with focus on power, speed, and extension for the maximum effectiveness of each kick. Goal: 40 kicks per leg.	
One Step Sparring (Il Soo Sik Deh Ryun)	Children	Il Bon - Ship Chil Bon (Odd Numbers Only)	Culture / Terminology / History	-See Standard World Moo Duk Kwan Questions Along with Written Examination	
	Adult	Sam Soo Sik Deh Ryun			

**Federation Membership is required to receive any certifications.
Please see an instructor for Federation Membership application.**

Soo Bahk Do Moo Duk Kwan Curriculum

Rank		Sam Dan (Midnight Blue)			
Minimum Time Requirement		3 Years	Self Defense (Hol Sin Sul)	Children	
Basic Movements		Hand Techniques (Soo Gi)	All Lower Belt Techniques and Requirements	Free Sparring (Ja Yu Dae Ryun)	Free Sparring
		Foot Techniques (Jok Gi)	Soo Bahk Do Gi Cho (E Bon Techniques) Hand & Foot Combinations Using All Known Techniques	Breaking (Kyo Pa)	Ro Hai
Forms (Hyung)		Po Wol Ro Hai Chil Sung Sa Ro Pyong Ahn Sam Dan	In Neh	-Ahp Cha Nut Gi (hopping) alternating each leg for (30) Seconds of continuous kicking. Goal: 50 kicks with proper completion of each kick.	
One Step Sparring (Il Soo Sik Deh Ryun)	Children		Culture / Terminology / History	-See Standard World Moo Duk Kwan Questions Along with Written Examination	
	Adult	Jua Deh Ryun (Sparring from the ground)			

**Federation Membership is required to receive any certifications.
Please see an instructor for Federation Membership application.**