

White Belt 10th Gup - (First Test)

NAME: _____ TESTING DATE: _____

LAST TESTING DATE: _____

Testing Checklist:

- Current Federation Membership: Gup ID# _____
(attach copy of ID) Expiration Date _____



- Studio Tuition Current – Yes / No
- Proper Uniform: ___Clean ___Hemmed ___Proper Trim - if needed
- Testing Fee: No testing fee for 10th Gup
- Minor students must maintain a minimum grade average of “C”

Students can test one time for 10th Gup, with a 30-day free Federation membership and upon passing their test, they will receive a Federation patch from their instructor.

All students are required to have a current membership in the Federation in order to receive a promotion certificate.


**For membership registration, refer to
'Student Membership Information' sheet.**

White Belt w/1st Stripe - 9th Gup Test

NAME: _____ TESTING DATE: _____

LAST TESTING DATE: _____

Testing Checklist:

- Current Federation Membership: Gup ID# _____ (**attach copy of ID**)
Expiration Date _____
- You will receive a Dan & Gup manual at the studio
When you present your 1 year Federation membership
card. A blank membership card example is → 
- Studio Tuition Current – Yes / No
- Proper Uniform: ___ Clean _____ Hemmed _____ Federation Patch _____
- Proper Trim - if needed
- Testing Fee: \$20.00
- Minor students must maintain a minimum grade average of “C”

Questions:

1. What is the name of the Art you study? Pg 3 _____
2. Who founded the Art? Pg 3 _____
3. Why do we ‘bow’ to senior students and respond with “yes Sir” or “yes Ma’am”?
Pg 57 _____
4. What is a Do Jang? Pg 61 _____
5. What is a Sa Bom? Pg 61 _____ Kyo Sa? Pg 61 _____
6. What is a:
➤ Do Bok? Pg 61 _____ Dee? Pg 61 _____
7. What 3 flags are displayed in the Do Jang? Pg 55
➤ 1) _____ 2) _____ 3) _____
8. Write a ½ page short essay on why you are training in Soo Bahk Do Moo Duk
Kwan (on a separate page). This is optional for kids under age 12.

Study Guide: http://hq.soobahkdo.org/files/2012/09/member_manual_wcovers_v3_2009-08-17.pdf

Signature of participant or Parent / Legal Guardian: _____

Orange Belt - 8th Gup Test

NAME: _____ TESTING DATE: _____

LAST TESTING DATE: _____

Testing Checklist:

- Current Federation Membership: Gup ID# _____
- Expiration Date _____
- Attach a copy of Federation ID →



- Studio Tuition Current – Yes / No
- Proper Uniform: ___ Clean _____ Hemmed _____ Federation Patch _____
- Proper Trim - if needed
- Testing Fee: \$20.00
- Minor students must maintain a minimum grade average of “C”

Questions:

1. What is the name of the style you study? Pg 61 _____
2. What is: A) Il Bon; B) E Bon; C) Sam Bon; D) Sa Bon Pg 64
➤ A) _____ B) _____ C) _____ D) _____
3. What is: A) Jhoon Bee; B) Ba Ro Pg 61
➤ A) _____ B) _____
4. What is the Korean term for Courage? Pg 47 _____
5. Where does the power in our techniques come from? Pg 166 _____
6. Why do we bow and salute the flags when we enter the Do Jang? Pg 57 _____
7. Short essay: Give the definition of discipline and what does it have to do with Soo Bahk Do Moo Duk Kwan? (Optional under the age of 12). (Separate page).

Study Guide: http://hq.soobahkdo.org/files/2012/09/member_manual_wcovers_v3_2009-08-17.pdf

Signature of participant or Parent / Legal Guardian: _____

Orange Belt w/1st Stripe - 7th Gup Test

NAME: _____ TESTING DATE: _____

LAST TESTING DATE: _____

Testing Checklist:

- Current Federation Membership: Gup ID# _____
- Expiration Date _____
- Attach a copy of Federation ID →



- Studio Tuition Current – Yes / No
- Proper Uniform: ___ Clean _____ Hemmed _____ Federation Patch _____
- Proper Trim - if needed
- Testing Fee: \$20.00
- Minor students must maintain a minimum grade average of “C”

Questions:

1. What is: A) Neh Gung; B) Weh Gung; C) Shim Gung Pg 62
➤ A) _____ B) _____ C) _____
2. What is Shi Sun and why is it important? Pgs 43 & 62 _____
3. What is: A) Shin Chook and B) Him Cho Chung Mean Pg 47
➤ A) _____ B) _____
4. What do the following mean: Pg 61
➤ A)Soo _____ B)Bahk _____ C)Do _____
5. What do the following mean: Pg 61
➤ A)Moo _____ B)Duk _____ C)Kwan _____
6. What are the benefits of Federation Membership? Pg 13 _____

Study Guide: http://hq.soobahkdo.org/files/2012/09/member_manual_wcovers_v3_2009-08-17.pdf

Signature of participant or Parent / Legal Guardian: _____

Green Belt - 6th Gup Test

NAME: _____ TESTING DATE: _____

LAST TESTING DATE: _____

Testing Checklist:

- Current Federation Membership: Gup ID# _____
- Expiration Date _____
- Attach a copy of Federation ID →



- Studio Tuition Current – Yes / No
- Proper Uniform: ___ Clean _____ Hemmed _____ Federation Patch _____
- Proper Trim - if needed
- Testing Fee: \$20.00
- Minor students must maintain a minimum grade average of “C”

Questions:

1. List the 8 Key Concepts in English and Korean on a separate piece of paper. Pg47
2. How many Chil Sung Hyungs are there? Pg 112 _____
3. Who created the Chil Sung Hyungs? Pg ii _____
4. What do the Stripes, Stars and Colors of the American Flag stand for?
 - o 13 Stripes represent? _____
 - o Color Red means? _____ Color White means? _____
 - o 50 White Stars represent? _____ Color Blue mean? _____
5. What does the Green Belt represent? Pg 56 _____
6. When was the first Moo Duk Kwan School started? Pg 123 _____
7. What martial art Federation are you a part of? Pg 1 _____
8. Write a short essay about what Moo Do means and how does it apply to Soo Bahk Do Moo Duk Kwan? (Optional under the age of 12).

Study Guide: http://hq.soobahkdo.org/files/2012/09/member_manual_wcovers_v3_2009-08-17.pdf

Signature of participant or Parent / Legal Guardian: _____

Green Belt w/1st Stripe - 5th Gup Test

NAME: _____ TESTING DATE: _____

LAST TESTING DATE: _____

Testing Checklist:

- Current Federation Membership: Gup ID# _____
- Expiration Date _____
- Attach a copy of Federation ID →



- Studio Tuition Current – Yes / No
- Proper Uniform: ___Clean _____ Hemmed _____ Federation Patch _____
- Proper Trim - if needed
- Testing Fee: \$20.00
- Minor students must maintain a minimum grade average of “C”

Questions:

1. What are: A) Weh Gung; B) Neh Gung; C) Shim Gung mean? Pg 62
➤ A) _____ B) _____ C) _____
2. When was the U.S. Soo Bahk Do Moo Duk Kwan Federation started? Pg 7 _____
3. What does Il Soo Sik mean? Pg 92 _____
4. What does Ho Shin Sul mean? Pg 92 _____
5. What does Ja Yu Deh Ryun mean? Pg 92 _____
6. What is a Sun Beh? Pg 61 _____
7. What is a Yu Dan Ja? Pg 61 _____
8. What is a Hu Beh? Pg 61 _____
9. What is a Yu Gup Ja? Pg 61 _____

Study Guide: http://hq.soobahkdo.org/files/2012/09/member_manual_wcovers_v3_2009-08-17.pdf

Signature of participant or Parent / Legal Guardian: _____

Green Belt w/2nd Stripe - 4th Gup Test

NAME: _____ TESTING DATE: _____

LAST TESTING DATE: _____

Testing Checklist:

- Current Federation Membership: Gup ID# _____
- Expiration Date _____
- Attach a copy of Federation ID →



- Studio Tuition Current – Yes / No
- Proper Uniform: ___Clean _____ Hemmed _____ Federation Patch _____
- Proper Trim - if needed
- Testing Fee: \$20.00
- Minor students must maintain a minimum grade average of “C”

Questions:

1. What are the 5 belt colors and what do they represent? Pg 56

- 1.) _____
- 2.) _____
- 3.) _____
- 4.) _____
- 5.) _____

2. List the “8 Key Concepts” and break down their meaning. Pg 47/48

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

3. List five of the 10 Articles of Faith on Mental Training on a separate piece of paper.Pg 49

Study Guide: http://hq.soobahkdo.org/files/2012/09/member_manual_wcovers_v3_2009-08-17.pdf

Signature of participant or Parent / Legal Guardian: _____

Red Belt - 3rd Gup Test

NAME: _____ TESTING DATE: _____

LAST TESTING DATE: _____

Testing Checklist:

- Current Federation Membership: Gup ID# _____
- Expiration Date _____
- Attach a copy of Federation ID →



- Studio Tuition Current – Yes / No
- Proper Uniform: ___ Clean _____ Hemmed _____ Federation Patch _____
- Proper Trim - if needed

- Testing Fee: \$20.00
- Minor students must maintain a minimum grade average of “C”

Questions:

1. What does the following mean: A) Soo Bahk Do; B) Moo Duk Kwan mean? Pg61
➤ A) _____ B) _____
2. Why is a strong Ki Hap important when challenging at the start of Il Soo Sik Dae Ryun or Hol Sin Sool? _____
3. List all of the “10 Articles of Faith on Mental Training” on a separate piece of paper. Pg 49
4. According to the Sip Sam She, you should “at all times pay attention to the _____”? Pg 166
5. What is a Sa Bom? Pg 61 _____
6. What is a Kyo Sa? Pg 61 _____
7. What is a Jo Kyo? Pg 61 _____

Study Guide: http://hq.soobahkdo.org/files/2012/09/member_manual_wcovers_v3_2009-08-17.pdf

Signature of participant or Parent / Legal Guardian: _____

Red Belt w/1st Stripe - 2nd Gup Test

NAME: _____ TESTING DATE: _____

LAST TESTING DATE: _____

Testing Checklist:

- Current Federation Membership: Gup ID# _____
- Expiration Date _____
- Attach a copy of Federation ID →



- Studio Tuition Current – Yes / No
- Proper Uniform: ___ Clean _____ Hemmed _____ Federation Patch _____
- Proper Trim - if needed
- Testing Fee: \$20.00
- Minor students must maintain a minimum grade average of “C”

Questions:

1. What is the characteristic for Passai? _____
2. What is the old name for Passai and what does it mean? _____
3. List the “8 Key Concepts” on a separate piece of paper, break down their meanings and list how they benefit both your training and life. Pg 47/48
4. According to the Sip Sam Seh you should give _____ and _____ to every movement”. Pg 166
5. On a separate piece of paper, share any good social experience as a result of your Soo Bahk Do training.
6. On a separate piece of paper, explain what are the 5 Moo Do values? Pg 40
7. What martial art did KJN Hwang Kee master at age 22? Pg 6 _____

Study Guide: http://hq.soobahkdo.org/files/2012/09/member_manual_wcovers_v3_2009-08-17.pdf

Signature of participant or Parent / Legal Guardian: _____

Red Belt 2nd Stripe - 1st Gup Test

NAME: _____ TESTING DATE: _____

LAST TESTING DATE: _____

Testing Checklist:

- Current Federation Membership: Gup ID# _____
- Expiration Date _____
- Attach a copy of Federation ID →



- Studio Tuition Current – Yes / No
- Proper Uniform: ___ Clean _____ Hemmed _____ Federation Patch _____
- Proper Trim - if needed
- Testing Fee: \$20.00
- Minor students must maintain a minimum grade average of “C”

Questions:

1. On a separate piece of paper, how has Soo Bahk Do influenced your daily life?
2. On a separate piece of paper, what is the importance of the Dan Bon ranking system?
3. On a separate piece of paper list the 6 objectives of “Mission 2000”. Pg 11
4. Kicking action starts in the _____, then goes to the _____, and is passed to the _____ and then to the _____.
5. According to the Sip Sam Seh, “the _____ is the primary actor, the _____ is the secondary”. Pg 166
6. On a separate piece of paper list the members of the T.A.C. and what section they are in.
7. What 3 areas of training are we developing? (Hint: 3 Gongs).
A) _____ B) _____ C) _____
8. On a separate piece of paper list the information for the hyungs:
Yuk Ro Cho Dan, Passai, and Chil Sung Hyung.
 - A) Who created it? B) When? C) Meaning of the Name?
 - D) Old name and meaning? E) What is Ryu? F) Characteristic?

Study Guide: http://hq.soobahkdo.org/files/2012/09/member_manual_wcovers_v3_2009-08-17.pdf

Signature of participant or Parent / Legal Guardian: _____