

# White Belt 10<sup>th</sup> 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 10<sup>th</sup> Gup
- Minor students must maintain a minimum grade average of “C”

Students can test one time for 10<sup>th</sup> 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/1<sup>st</sup> Stripe - 9<sup>th</sup> 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](http://hq.soobahkdo.org/files/2012/09/member_manual_wcovers_v3_2009-08-17.pdf)

Signature of participant or Parent / Legal Guardian: \_\_\_\_\_

# Orange Belt - 8<sup>th</sup> 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).

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Signature of participant or Parent / Legal Guardian: \_\_\_\_\_

# Orange Belt w/1<sup>st</sup> Stripe - 7<sup>th</sup> 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 \_\_\_\_\_

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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).

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Signature of participant or Parent / Legal Guardian: \_\_\_\_\_

# Green Belt w/1<sup>st</sup> Stripe - 5<sup>th</sup> 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 \_\_\_\_\_

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Signature of participant or Parent / Legal Guardian: \_\_\_\_\_

# Green Belt w/2nd Stripe - 4<sup>th</sup> 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

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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 \_\_\_\_\_

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Signature of participant or Parent / Legal Guardian: \_\_\_\_\_



# Red Belt w/1<sup>st</sup> 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 \_\_\_\_\_

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Signature of participant or Parent / Legal Guardian: \_\_\_\_\_

# Red Belt 2<sup>nd</sup> Stripe - 1<sup>st</sup> 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?

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