

**U.S. SOO BAHK DO MOO DUK KWAN FEDERATION® TESTING REQUIREMENTS - EFFECTIVE JANUARY 1ST 2018 -**

Current Rank	Testing Rank	Time Required	Hand Basics <small>INSTRUCTOR NOTE: Minimum Requirements listed. Instructor's may use their discretion to add or adjust content depending on the student's age and abilities.</small>	Foot Basics <small>INSTRUCTOR NOTE: Minimum Requirements listed. Instructor's may use their discretion to add or adjust content depending on the student's age and abilities.</small>	Hyung	1-Steps	Self-Defense	Sparring <small>INSTRUCTOR NOTE: Minimum Requirements listed. Instructor's may use their discretion to add or adjust content depending on the student's age and abilities.</small>	Kyok Pa <small>INSTRUCTOR NOTE: Minimum Requirements listed. Instructor's may use their discretion to add or adjust content depending on the student's age and abilities.</small>
10th	9th	1 month	Ha Dan Mahk Kee Sang Dan Mahk Kee Choong Dan Kong Kyuk Sang Dan Kong Kyuk	Ahp Cha Nut Gi	Gi Cho Hyung Il Bu <i>(Optional)</i>	Optional	Optional	Optional	None
9th	8th	2 months	Sang Dan Mahk Kee Ahneso Pahkuro Mahk Kee	Dollyo Cha Gi Ahneso Pahkuro Cha Gi	Gi Cho Hyung Il Bu Gi Cho Hyung E Bu	Extra Credit Content at Instructor's discretion	Extra Credit Content at Instructor's discretion	Extra Credit Content at Instructor's discretion	None
8th	7th	2-3 months	Pahkeso Ahnuro Mahk Kee Wheng Jin Kong Kyuk Pahl Koop Kong Kyuk Hu Gul Yup Mahk Kee	Ahp Podo Ol Ri Gi Yup Podo Cha Gi E Dan Ahp Cha Nut Gi	Gi Cho Hyung E Bu Gi Cho Hyung Sam Bu	Extra Credit Content at Instructor's discretion	Extra Credit Content at Instructor's discretion	Extra Credit Demonstrate any two White Belt Sparring Combos	Adults: Pahl Koop Kong Kyuk or Ahp Cha Nut Gi  Children: None
7th	6th	2-3 months	Ha Dan Soo Do Mahk Kee Chun Gul Ssang Soo Ahneso Pahkuro Mahk Kee Hu Gul Ssang Soo Ahneso Pahkuro Mahk Kee Teul Oh Choong Dan Kong Kyuk Teul Oh Sang Dan Kong Kyuk Free Combos	Ahneso Pahkuro Cha Gi Dwi Cha Gi Free Combos	Gi Cho Hyung Sam Bu Pyung Ahn Cho Dan	Adults: #1, #2  Children: #1 (block & counter)	Adults: Cross hand #1-2  Children: Cross hand #1	Free Sparring  Extra Credit: Demonstrate any two Orange Belt Combos	Adults: Pahl Koop Kong Kyuk or Yup Podo Cha Gi  Children: None
6th	5th	2-3 months	Choong Dan Soo Do Mahk Kee Ha Dan Ssang Soo Mahk Kee Kwan Soo Kong Kyuk Kwon Do Kong Kyuk Free Combos	Pahkeso Ahnuro Cha Gi E Dan Yup Podo Cha Gi Free Combos	Pyung Ahn Cho Dan Pyung Ahn E Dan	Adults: #3, #4  Children: #3 (block & counter)	Adults: Cross hand #3-4  Children: Cross hand #2	Free Sparring  Extra Credit: Demonstrate any two Green Belt Combos	Kwon Do Kong Kyuk or Dwi Podo Cha Gi
5th	4th	3-4 months	Sang Dan Soo Do Mahk Kee Sang Dan Ssang Soo Mahk Kee Free Combos	Yup Huri Gi Free Combos	Pyung Ahn E Dan Pyung Ahn Sam Dan	Adults: #5, #6  Children: #1	Adults: Same Side #1-4  Children: Same Side #1	Free Sparring  Extra Credit: Demonstrate any two Green Belt Combos	Jang Kwon Kong Kyuk or Dollyo Cha Gi
4th	3rd	3-4 months	Teul Oh Kwon Do Kong Kyuk optional Free combos	Dwi Huri Gi E Dan Dollyo Cha Gi E Dan Ahneso Pahkuro Cha Gi Free Combos	Pyung Ahn Sam Dan Pyung Ahn Sa Dan	Adults: #7, #8  Children: #3	Adults: 2 on 1 #1-3  Children: Same Side #2	Free Sparring  Extra Credit: Demonstrate any two Red Belt Combos	Teul Oh Choong Dan Kong Kyuk or E Dan Dollyo Cha Gi
3rd	2nd	3-4 months	Choi Ha Dan Soo Do Mahk Kee Free Combos	Dwi Ahneso Pahkuro Cha Gi E Dan Dwi Cha Gi E Dan Dwi Huri Gi Free Combos	Pyung Ahn Sa Dan Pyung Ahn O Dan	Adults: #9, #10  Children: #5	Adults: 2 on 2 #1-4  Children: 2 on 1 #1	Free Sparring  Extra Credit: Demonstrate any two Red Belt Combos	Yuk Soo Do Kong Kyuk or Yup Huri Gi
2nd	1st	6 months	Jang Kap Kwon Kong Kyuk Free Combos	Peet Cha Gi E Dan Dwi Ahneso Pahkuro Cha Gi E Dan Dwi Pahkeso Ahnuro Cha Gi	Pyung Ahn O Dan Passai Nai Hanji Cho Dan	Adults: #11 - 14  Children: #7	Adults: Side Grips Rear Grips  Children: 2 on 1 #2	Free Sparring, combinations emphasizing Teul Oh Jang Kap Kwon Kong Kyuk	Teul Oh Jang Kap Kwan Kong Kyuk or Dwi Huri Gi
1st	Cho	6 months	All Lower Material	All Lower Material	Chil Sung E Ro Hyung Passai Nai Hanji Cho Dan	Adults: #1-18  Children: #1 - #9 (Odds only)	Adults: All Lower Material  Children: #1 & #2 of Cross Hand, Same Side, 2 on 1, 2 on 2 Wrist Grips	Free Sparring	E Dan Dwi Cha Gi or Yeon Soo Kyok Pa with one Soo Gi Technique and one Jok Gi Technique. If candidates cannot physically perform the stated breaks, the Regional Examiner should be consulted prior to testing on an acceptable break.

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Cho Dan	E Dan	2 years	Soo Bahk Do Gi Cho Il Bon	Any lower rank material can be requested E Dan Ssang Bal Cha Gi	Chil Sung Il Ro Hyung Nai Hanji E Dan Du Mun Jin Do	Adults: 3-Steps Classic (demonstrate any 3 of the Sam Soo Sik)  Children: #1 - #17 (Odds only)	Adults: Knife Defense Lower Sleeve Grips  Children: All wrist grips including back & side Knife Defense	Free Sparring	E Dan Ssang Bal Cha Gi or Yeon Soo Kyok Pa with one Soo Gi technique and one Jok Gi technique. If candidates cannot physically perform the stated breaks, the Regional Examiner should be consulted prior to testing on an acceptable break.
E Dan	Sam Dan	3 years	Soo Bahk Do Gi Cho E Bon	Any lower rank material can be requested Ha Dan Ahp Huri Gi / Ha Dan Dwi Huri Gi (Low sweep from Chil Sung Yuk Ro Hyung)	Chil Sung Sam Ro Hyung Nai Hanji Sam Dan Joong Jul Ro Hai	3-Steps Yuk Ro (demonstrate any 3 of the Yuk Ro inspired Sam Soo Sik) Note: 3 Steps Classic to be instructed to students who followed the children's track (demonstrate any 3 of the classic Sam Soo Sik)  Seated 1-Step Sparring (Jua Dae Ryun)	Mid Sleeve Grips <i>Note: Lower sleeve grips to be instructed to students who were following the children's track</i>  Bong Defense	2 on 1 Sparring	Ro Hai Hyung with break
Sam Dan	Sa Dan	4 years	All Lower Material	All Lower Material	Chil Sung Sa Ro Hyung Po Wol Ship Soo Kang Sang Kun	All previous material to be demonstrated	All Lower Material	Laying Down Sparring (Wa Dae Ryun) All Lower Material	N/A
Sa Dan	O Dan	5 years	All Lower Material	All Lower Material	Chil Sung O Ro Hyung Yang Pyun Sei Shan Wang Shu	All Lower Material	All Lower Material	All Lower Material	N/A
O Dan	Yuk Dan	6 years	All Lower Material	All Lower Material	Chil Sung Yuk Ro Hyung Sal Chu Ji On O Ship Sa Bo	All Lower Material	All Lower Material	All Lower Material	N/A
Yuk Dan	Chil Dan	7 years	All Lower Material	All Lower Material	Chil Sung Chil Ro Hwa Sun Choong Ro	All Lower Material	All Lower Material	All Lower Material	N/A