

# REQUIREMENTS FOR PROMOTION TO E (2nd) DAN

## GENERAL REQUIREMENTS:

1. Must be a member in good standing of the Korean Soo Bahk Do Association, Moo Duk Kwan and the U.S. Soo Bahk Do Moo Duk Kwan Federation, Inc.
2. Must be a student of a Sa Bom/Kyo Sa in good standing with the U.S. Soo Bahk Do Moo Duk Kwan Federation, Inc.
3. Minimum of 2 years of active training and membership since Cho Dan promotion.
4. Must be recommended by their Sa Bom/Kyo Sa.
5. Loyalty to the Moo Duk Kwan through their Instructor.
6. Sound moral character.
7. Regular weekly Do Jang attendance.
8. Contribution in service to the Korean Soo Bahk Do Association, Moo Duk Kwan and the U.S. Soo Bahk Do Moo Duk Kwan Federation, Inc.
9. Must have the minimum required evaluations by the Regional Examiner or his/her designee.
10. Good record of participation in clinics and other activities conducted on Studio, Regional, National, and International levels, under the guidance of the T.A.C.

## GENERAL KNOWLEDGE:

1. Good knowledge of and ability in all lower rank requirements.
2. Assistance in teaching with the ability to conduct formal classes upon approval of a certified Sa Bom/Kyo Sa.
3. Ability to explain history, culture, and techniques of the Soo Bahk Do Moo Duk Kwan, from a philosophical and scientific perspective.
4. General knowledge of the information in all books written by Kwán Jang Nim Hwang Kee.

## DEMONSTRATION OF ABILITY:

1. Basic (Ki Cho) Soo Bahk Do Movement - Hand & Feet
2. Form (Hyung)  
Mandatory:
  - a. Chil Sung Sam Ro
  - b. Jin Do
  - c. Joong JolOptional Credit:
  - a. Nai Han Ji E Dan
  - b. Pyung Ahn E Dan
3. Sparring (Dae Ryun)
  - a. Il Soo Sik Dae Ryun (#1-8, and applications to Ja Yu Dae Ryun)
  - b. Ja Yu Dae Ryun

c. Da Soo In Dae Ryun (1 10-second drill, 3 3-second drills)

4. Self-Defense (Ho Sin Sool)
  - a. All wrist Sleeve Grips
  - b. Self-Defense against a knife
5. Breaking (Kyok Pa)  
Ssang Bal Ahp Cha Nut Gi or Yon Sok Kyok Pa with one Soo Gi and two Jok Gis.

The Examining Board may, at their discretion, require a demonstration of lower level knowledge and techniques.

## ORAL EXAMINATION:

Specific knowledge of culture and history:

Sample questions:

1. What is the motivation for the name of the Chil Sung Hyungs?
2. What is the meaning of the words Nae Ga Ryu and Weh Ga Ryu?
3. What is the meaning of Ryu Pa?  
(The T.A.C. may require more questions.)

## WRITTEN EXAMINATION:

A formal written essay is required of each applicant. This essay will be submitted with the other required information to the Regional Examiner or his/her representatives.

### Essay:

- a. "What does your Dan Bon mean to you & how does it relate to the Moo Duk Kwan and its discipline?"
- b. 1000 to 2000 words, typewritten and double-spaced.
- c. Due two weeks prior to the testing date.

## Take Home Examination:

- a. Junior Dan Candidates 15 years and under should refer to the Junior Dan section of the Study Guide for appropriate questions.
- b. Candidates 16 years of age and above should refer to the Adult Dan section of the Study Guide for appropriate questions.

All candidates should check with the current Study Guide for specific instructions on their requirements.