

















Soo Bahk Do Moo Duk Kwan Grading Requirements Summary (2009)

Gup/Dan Level From -To		Time in Grade	Sparring Comb/ SBD Gi Cho	Hyung	Il Soo Sik	Ho Sin Sol	Kyok Pa
10 th – 9 th Gup		1 Month	White belt 1, 2	None	1,2 Chop and punch only	Cross 1 (first 2 motions)	None
9 th - 8 th Gup		2 Months	White belt 3-5	Basic 1 + 2	1, 2	Cross 1	None
8 th - 7 th Gup		3 Months	Orange belt 1-2 Free Sparring	Basic 3	3, 4	Cross 2	Elbow or front kick
7 th - 6 th Gup		3 Months	Orange belt 3-5 Free Sparring	Pyong Ahn 1	5, 6	Cross 3,4	Hammer Fist or side kick
6 th - 5 th Gup		3 Months	Green Belt 1-2 Free Sparring	Chil Sung 2	7, 8	Same 1, 2	Hammer fist or back kick
5 th - 4 th Gup		3 Months	Green belt 3-4 Free Sparring	Chil Sung 1, Chil Sung 2	9, 10	Same 3, 4	Palm heel or Round kick
4 th - 3 rd Gup		3 Months	Free sparring	Chil Sung 1	11,12	2 on 1 All	Front punch or jump roundhouse kick
3 rd - 2 nd Gup		3 months	Red belt 1 + 3 Free Sparring	Chil Sung 3	13, 14	2 on 2 – 1,2	Ridge hand or hook kick
2 nd -1 st Gup		6 months	Free Sparring use of Tuek o Jang cap kwon	Du Moon	15, 16	2 on 2 – 3, 4	Long Back fist or spinning kick
1 st Gup – Cho Dan		6 months	Free Sparring	Chil Song 1, 3 Du Moon Passai	1-18	All	Jump back kick or continuous one hand one foot technique
Cho Dan – Ee Dan		2 years Total 5 years	Hwak Kuk Jang Kap Kwon Do Mahl Sik Il Bon Ta Ko Sik Il Bon Pol Wol Seh Il Bon Yo Sik Il Bon Free Sparring	Joong Jul Chil Song 3 Jin Do Pyong Ahn 2	Sam Soo Sik 1-18	Wrist sleeve grips and knife defence	Double jump front kick or continuous one hand and two foot technique
Ee Dan – Sam Dan		3 years Total 8 years	Hwak Kuk Jang Kwon Do Do Mahl Sik Ee Bon Ta Ko Sik Ee Bon Pol Wol Seh Ee Bon Yo Sik Ee Bon 2 on 1 sparring	Po Wol Chil Song 4 Ro Hai Pyong Ahn 3	Jeh Dae Ryun (sparring from Ground)	Elbow sleeve grips and bong defence	Rohai break
Sam Dan – Sa Dan		Candidate must be 21 4 years Total 12 years	All SBD Gi Cho Free Sparring	Yang Pyung Chil Song 5 Pyong Ahn 4 Sip Soo Kung San Koon	As Requested by exam board Special Sparring	As Requested by exam board	NONE
Sa Dan – Oo Dan		Candidate must be 26 5 years Total 17 years	As Requested by exam board	Sal Chul Chil Song 6 Sei San Wang Shu Pyong Ahn 5	Tuk Soo Deh Ryun	As Requested by exam board	
Oo Dan – Yuk Dan		Candidate must be 32 6 years Total 23 years	As Requested by exam board	Choong Ro Chil Song 7 Ji On O Sip Sa Bo Ni Hanji Cho Dan	Tuk Soo Deh Ryun	As Requested by exam board	
Yuk Dan – Chil Dan		Candidate must be 39 7 years Total 30 years	As Requested by exam board	Hwa Sun	As Requested by exam board	As Requested by exam board	