

Student MUST fill out ALL areas in Blue

**United States Soo Bahk Do™ Moo Duk Kwan™
Federation, Inc.
Application For Gup Promotion**

Testing Date: _____
Gup Membership # _____ EXPIRES: _____
Studio: _____ Studio Certf No: _____

Name: _____
Last First MI

Male Female Soc. Sec. # _____

Address: _____
Street City Zip

Date of Birth: _____

Telephone () _____

Occupation _____ Grade Level _____

Date of Entrance _____ Date of last promotion _____

Present rank _____ Gup _____

Applicants Signature: _____

Parent's Signature (if under 18)

Recommended by (Instructor)

Rank _____ Dan No. _____

INSTRUCTOR PORTION

POINT SYSTEM: - An average score of 9.0 or above: 2 level promotion
- An average score of 7.0 or above: 1 level promotion
- An average score below 7.0: Fail

*Average SCORE is determined from taking an overall average of:

- 1) Average score from Soo Gi
- 2) Average score from Jok Gi
- 3) Average Score from control
- 4) Each score from Hyungs
- 5) Each score from 3-Step Sparring, 1-Step Sparring, Free Sparring, Self-Defense, Breaking, and Terminology

I recommend promotion of this student to _____ Gup.

Average Score _____

Signature (s) of Examiner's Dan #

1. _____	_____
2. _____	_____
3. _____	_____
4. _____	_____
5. _____	_____
6. _____	_____
7. _____	_____
8. _____	_____

STUDENT NAME: _____		CURRENT RANK: _____		Gup	AGE		
SOO GI	SCORE	JOK GI	SCORE	HYUNGS	SCORE	OTHER	SCORE
Low Block Tuel Oh	/	FRONT KICK		BASIC FORM #1		3-STEP SPARRING	
High Block Tuel Oh	/	Round House KICK		BASIC FORM #2		1-STEP SPARRING	
In/Out Block		SIDE KICK		BASIC FORM #3		SELF-DEFENSE	
Out/In Block		In / Out KICK		PYONG AHN CHO DAN		FREE SPARRING	
Center Punch Tuel Oh	/	Out / In KICK		CHIL SUNG E RO		BREAKING	
High Punch Tuel Oh	/	BACK KICK		PYONG AHN SAM DAN		CONTROL	
Side Punch		Jump Front KICK		CHIL SUNG IL RO		EYE FOCUS CONTROL	
Side Block		Spin Side KICK		PYONG AHN O DAN		BALANCE CONTROL	
Knife Hand Block Low / Middle	/	Spin In / Out KICK		PASSAI		BREATHING CONTROL	
High Knife Hand Block		Jump Side KICK		CHIL SUNG SAM RO		TENSION & RELAXATION CONTROL	
Back Fist Hammer Fist	/	Hook KICK				SPEED & POWER CONTROL	
Soo Do Strike Tuel Oh	/	Jump Round Kick				TIMING CONTROL	
2 fisted Block Low / Middle	/	Spin Hook KICK		COMBINATIONS		AVERAGE SCORE FOR CONTROLS	
2 Fisted High Block	/	Jump In / Out KICK		Orange (1-7)		NOTES:	
Spear Hand Tuel Oh	/	Jump Out / In KICK		Green (8-14)			
Ridge Hand Strike/ Tuel Oh	/	Reverse Round Kick Front Push KICK	/	Red (15-20)			
Spinning Back Fist / Hammerfist	/	Jump Spin Side kick / In / Out Kick	/	Free Motion			
Yuk Jin Kong Kyuk		Jump Spinning Hook KICK					
AVERAGE SCORE FOR Soo Gi		AVERAGE SCORE FOR Jok Gi		AVERAGE SCORE FOR Combinations			