

Sebastian Karate Moo Duk Kwan  
1<sup>st</sup> Gup Drills - Pre - Black Belt Test *(Updated 01/12//15)*

**Kwan O-Soo Ki (School 5 Hand Drill Techniques) 1 to 6**

<p><b><u>Hand Drill #1</u></b>(Front Stance)</p> <ul style="list-style-type: none"> <li>● Low Block</li> <li>● Middle Soo Do Block (Same Hand)</li> <li>● Reverse Punch</li> <li>● High Soo Do Punch</li> <li>● Reverse High Ridge Hand Punch</li> </ul>	<p><b><u>Hand Drill #2</u></b>(Front &amp; Fighting Stance)</p> <ul style="list-style-type: none"> <li>● Low Grab and Trap</li> <li>● High Soo Do Punch</li> <li>● Reverse High Ridge Hand Punch</li> <li>● Center Punch</li> <li>● Middle Soo Do Block (<i>Same Hand</i>) (<i>Fighting Stance</i>)</li> </ul>
<p><b><u>Hand Drill #3</u></b>(Front &amp; Fighting Stance)</p> <ul style="list-style-type: none"> <li>● Spear-hand Punch(<i>Front Stance</i>)</li> <li>● Inside/Outside Block</li> <li>● Center Punch</li> <li>● Low Block - (<i>Same Hand</i>)</li> <li>● Two Hand Middle Block (<i>Fighting Stance</i>)</li> </ul>	<p><b><u>Hand Drill #4</u></b>(Front Stance)</p> <ul style="list-style-type: none"> <li>● High Open Hand Block and Strike</li> <li>● High Soo Do Punch</li> <li>● Reverse Outside/Inside Block</li> <li>● High Ridge Hand Punch</li> <li>● Reverse Spear-hand Punch</li> </ul>
<p><b><u>Hand Drill #5</u></b>(Front &amp; Fighting Stance)</p> <ul style="list-style-type: none"> <li>● Middle Soo Do Block (<i>Fighting Stance</i>)</li> <li>● Two Hand Middle Block (<i>Front Stance</i>)</li> <li>● X Block Low (<i>Front Stance</i>)</li> <li>● X Block High (<i>Front Stance</i>)</li> <li>● Reverse High Soo Do Punch (<i>Fighting Stance</i>)</li> </ul>	<p><b><u>Hand Drill #6</u></b></p> <ul style="list-style-type: none"> <li>● Choong Dan Hang Jin,</li> <li>● Dwi Dull Ryo Kap Kwon</li> <li>● Choon Dan Kong Kyuck (<i>Front Stance</i>)</li> <li>● Low Soo Do Block (<i>Fighting Stance</i>)</li> <li>● Middle Soo Do Block (Same Hand) (<i>Fighting Stance</i>)</li> </ul>

**Kwan Sa-Cha Ki (School 4 Kick Drill Techniques) 1 to 6**

<p><b><u>Kick Drill #1</u></b>(Opposite Legs)</p> <ul style="list-style-type: none"> <li>● Outside-Inside Kick</li> <li>● Spinning Back Kick</li> <li>● Side Kick</li> <li>● Front Kick</li> </ul>	<p><b><u>Kick Drill #2</u></b>(Opposite / Same Legs)</p> <ul style="list-style-type: none"> <li>● 360° Spinning Crescent Kick</li> <li>● Front Kick (<i>Same Leg</i>)</li> <li>● Roundhouse Kick</li> <li>● Side Kick</li> </ul>
<p><b><u>Kick Drill #3</u></b>(Opposite Legs)</p> <ul style="list-style-type: none"> <li>● Side Kick</li> <li>● Spinning Back Kick</li> <li>● Roundhouse Kick</li> <li>● Inside-Outside Kick</li> </ul>	<p><b><u>Kick Drill #4</u></b>(Opposite Legs)</p> <ul style="list-style-type: none"> <li>● Spinning Back Kick</li> <li>● Roundhouse Kick</li> <li>● Front Kick</li> <li>● Stepping Side Kick</li> </ul>
<p><b><u>Kick Drill #5</u></b>(Opposite / Same Legs)</p> <ul style="list-style-type: none"> <li>● Diagonal Kick</li> <li>● Stepping Side Kick</li> <li>● Stepping Hook Kick (<i>Same Leg</i>)</li> <li>● Jump Side Kick (<i>Same Leg</i>)</li> </ul>	<p><b><u>Kick Drill #6</u></b>(Opposite Legs)</p> <ul style="list-style-type: none"> <li>● Inside-Outside Kick</li> <li>● Side Kick</li> <li>● Outside-Inside Kick</li> <li>● 360° Spinning Hook Kick</li> </ul>

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**Kwan FB-Cha Ki (School FBF/FBBF Kick Drill Techniques) 1 to 4**

<p><b><u>FB Kick Drill #1</u></b></p> <ul style="list-style-type: none"> <li>● Front Kick (F)</li> <li>● Axe Kick (B)</li> <li>● Side Kick (F)</li> </ul>	<p><b><u>FB Kick Drill #2</u></b></p> <ul style="list-style-type: none"> <li>● Side Kick (F)</li> <li>● Hook Kick (B)</li> <li>● Roundhouse Kick (F)</li> </ul>
<p><b><u>FB Kick Drill #3</u></b></p> <ul style="list-style-type: none"> <li>● Outside-Inside Kick (F)</li> <li>● Inside-Outside Kick (B)</li> <li>● Side Kick (B)</li> <li>● Roundhouse Kick (F)</li> </ul>	<p><b><u>FB Kick Drill #4</u></b></p> <ul style="list-style-type: none"> <li>● Spinning Back Kick (F)</li> <li>● Front Kick (B)</li> <li>● Axe Kick (B)</li> <li>● Hook Kick (F)</li> </ul>

**Steeplechase - 3 Kicks (Ground, Air, Ground) 1 to 6**

<p><b><u>Steeplechase Kick Drill #1</u></b></p> <ul style="list-style-type: none"> <li>● Front Kick (G)</li> <li>● Jump Front Kick (A)</li> <li>● Front Kick (G)</li> </ul>	<p><b><u>Steeplechase Kick Drill #2</u></b></p> <ul style="list-style-type: none"> <li>● Roundhouse Kick (G)</li> <li>● Jump Side Kick (A) (Skipping)</li> <li>● Spinning Back Kick (G)</li> </ul>
<p><b><u>Steeplechase Kick Drill #3</u></b></p> <ul style="list-style-type: none"> <li>● Stepping Side Kick (G)</li> <li>● Jump Side Kick (A) (Skipping)</li> <li>● Stepping Hook Kick (G)</li> </ul>	<p><b><u>Steeplechase Kick Drill #4</u></b></p> <ul style="list-style-type: none"> <li>● Diagonal Kick (G)</li> <li>● Jump Hook Kick (A) (Skipping)</li> <li>● Spinning Back Kick (G)</li> </ul>
<p><b><u>Steeplechase Kick Drill #5</u></b></p> <ul style="list-style-type: none"> <li>● Front Kick (G)</li> <li>● Jump Roundhouse Kick (A)</li> <li>● Side Kick (G)</li> </ul>	<p><b><u>Steeplechase Kick Drill #6</u></b></p> <ul style="list-style-type: none"> <li>● Outside-Inside Front Kick (G)</li> <li>● Jump Inside-Outside (A)</li> <li>● Side Kick (G)</li> </ul>

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**Hand / Kick Combination (Front & Fighting Stance) 1 to 10**

<p><b><u>Hand / Kick Combination Drill #1</u></b></p> <ul style="list-style-type: none"> <li>● Front Kick</li> <li>● Down Block</li> <li>● Reverse Punch</li> </ul>	<p><b><u>Hand / Kick Combination Drill #2</u></b></p> <ul style="list-style-type: none"> <li>● Inside- Outside Kick</li> <li>● Reverse Punch</li> <li>● Inside-Outside Block</li> </ul>
<p><b><u>Hand / Kick Combination Drill #3</u></b></p> <ul style="list-style-type: none"> <li>● Front Kick</li> <li>● High Block</li> <li>● Reverse Ridge Hand Punch</li> <li>● Center Punch</li> </ul>	<p><b><u>Hand / Kick Combination Drill #4</u></b></p> <ul style="list-style-type: none"> <li>● Front Kick</li> <li>● Down Block</li> <li>● High Block</li> <li>● Reverse Ridge Hand Punch</li> </ul>
<p><b><u>Hand / Kick Combination Drill #5</u></b></p> <ul style="list-style-type: none"> <li>● Front Kick</li> <li>● Low Grab and Trap</li> <li>● High Soo Do Hand Punch</li> <li>● Reverse Ridge Hand Punch</li> </ul>	<p><b><u>Hand / Kick Combination Drill #6</u></b></p> <ul style="list-style-type: none"> <li>● Outside-Inside Kick</li> <li>● U- Punch</li> </ul>
<p><b><u>Hand / Kick Combination Drill #7</u></b></p> <ul style="list-style-type: none"> <li>● High Block</li> <li>● Side Punch</li> <li>● Spinning Back Kick</li> <li>● Front Kick</li> </ul>	<p><b><u>Hand / Kick Combination Drill #8</u></b></p> <ul style="list-style-type: none"> <li>● Outside/Inside Kick</li> <li>● Stepping Side Kick</li> <li>● Inside/Outside Block</li> <li>● Reverse High Soo Do Punch</li> </ul>
<p><b><u>Hand / Kick Combination Drill #9</u></b></p> <ul style="list-style-type: none"> <li>● Front Kick Low</li> <li>● Front Kick High (<i>Same Leg</i>)</li> <li>● Spinning Back Hand Punch</li> <li>● Reverse High Ridge Hand Punch</li> </ul>	<p><b><u>Hand / Kick Combination Drill #10</u></b></p> <ul style="list-style-type: none"> <li>● Side Punch</li> <li>● Stepping Hook Kick</li> <li>● Jumping Side Kick</li> <li>● Spinning Back Hand Punch</li> </ul>

- 1 - Side Punch – **Choong Dan Hang Jin** – (*Horse Stance*)  
2 - Knife Hand / Reverse Punch – **Yuk Jin** (*Fighting Stance*)

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- 3 - Knife Hand / Reverse Punch – **Yuk Soo** (*Front Stance*)
- 4 - Front Kick / Jumping–Skipping Back Kick

**Forms - Hyungs**

- 1 - Kee Cho Hyung Il Bu
- 2 - Kwan Hyung Il Bu
- 3 - Kee Cho Hyung E Bu
- 4 - Kwan Hyung E Bu
- 5 - Kee Cho Hyung Sam Bu
- 6 - Kwan Hyung Sam Bu
- 7 - Moo Duk Kwan Cho Dan
- 8 - Moo Duk Kwan E Dan
- 9 - Moo Duk Kwan Sam Dan
- 10 – Moo Duk Kwan Sa Dan
- 11 - Pyung Ahn Cho Dan
- 12 - Pyung Ahn E Dan
- 13 - Pyung Ahn Sam Dan
- 14 - Pyung Ahn Sa Dan
- 15 - Pyung Ahn O Dan
- 16 - Bassai
- 17 - Bong Hyung Il Bu
- 18 - Bong Hyung E Dan
- 19 - Bong Hyung Sa Dan (1 &2)
- 20 - Choong Shim Cho Dan

**One Steps & Self-Defense** (Minimum 10 of each technique)

- 1 - Hand Techniques
- 2 - Kick Techniques
- 3 - Ho Sin Sul (Self-Defense Techniques)

**Sparring – Cha Yu Dae Ryun** - (4) 3 min. Rounds (one on one)

**Breaking – Kyuck Pa**

- 4 Way – Breaking – minimum one board in each technique (1”x12”x10”)
- Weak Side/ Strong Side (L/R side) Two Hand/Elbow and Two Kick Techniques
- All four breaks must flow one into the other.*
- Two Power Breaks – One Hand and One Kick (3 Boards Each)*