

Rank Requirements - Beginner thru Master Levels

Student Color Belt Levels:

Uniforms, Belts and Sashes: All color belt students wear standard Martial Arts Uniforms - Dobok - Colors are: All Black, All White or Mixed Black and White. Once Blue Belt Level is reached, may wear Blue Colored Dobok. Once Red Belt level is reached, may wear Red Colored Dobok.

All color belts White thru Candidate Black wear standard cloth colored belts.

All color belt rank can only be obtained by members of IDSC and must be issued by Modern Farang Mu Sul® World Head Quarters. Official Kub Certificates and Training Passports are administered by Modern Farang Mu Sul® World Head Quarters and countersigned by the local instructors.

******* Rank Requirements - BEGINNER Level *******

Moo Kub - 9th Grade - White Belt

- Modern Farang Mu Sul® customs, courtesy and etiquette
- Warrior Code of Ethics (Modern Farang Mu Sul® Creed)
- MOO KUB KWON BOP - 8 Basics
- SAM BO DAE RYUN - 3 Step Fighting - 10 tech. right & left sides
- GRAPPLING - HAP GI YU SUL - 8 Basic ground positions - 18 Standing positions
- Short Form - DAN HYUNG - #1
- Basic Stances - CHA RYUT, CHOON BE JASE, KI MA JASE, KONG GYUK JASE, DEBI JASE, DAE RYUN JASE
- Basic Blocks - MAKI BOP - 10 Hard & 12 Soft
- Basic hand tech. - SOO GI SUL - Punching, open & close hand striking
- Fighting Hand Combos - 1 thru 6
- Basic Falls - KI BON NAK BOP - 5 Basic Falls (front, back, left side, right side, shoulder roll)
- Kicking - KI BON JOK SUL, PAL QWE JOK SUL
- = Basic kicks: Front, Side, Chop, Hook - STANDING, REVERSE, ADVANCING
- Kicking Test - #1, #2
- Joint Locks - KWAN JYEL GI SUL - 1 thru 6
- KI HAP CHAGI SUL - KI Power Development
- JUNG SHIN TONG IL - Mental Development - Meditation
- KI BON MU GI SUL - Basic Weapons - Intro Staff, Knife, Middle Stick

Pal Kub - 8th Grade - Yellow Belt

- PAL KUB KWON BOP - 8 Basics
 - IL BO DAE RYUN - 1 Step Fighting - 10 tech. right & left sides
 - GRAPPLING - KU SOK GOK DAE GI - Corner Top Position - 30 tech.
 - GRAPPLING - BANG KU SOK GOK DAE GI - Escape Corner Top Position - 10 tech.
 - Short Forms - DAN HYUNG - #2 & #3
 - FARANG KIBON HYUNG - **Fundamental Form** - 1st Long Form
 - Basic Blocks - MAKI BOP - Outside/Inside, Inside/Outside
 - Fighting Hand Combos - 7 thru 12
 - Trapping - CHA PYO TA SUL - Single, Double, Triple - Block/Counter sets
 - Basic take downs, sweeps & throws
 - Kicking - HON SIK JOK SUL
 - = Basic kicks - Antare, Pakatara, 1/2 Moon (inside & outside), Spin Back kick
 - 180 deg. spin, sliding, skipping, jumping, double jumping, deep jumping
 - Kicking Test - #1, #2, #3
 - Joint Locks - KWAN JYEL GI SUL - 7 thru 20
 - DAE RYUN - Sparring
- MOO GI SUL - Weapons - Rope twirl - 1 min. (forward -standing/kneeling), - Staff spins & strikes 45° & 90°, - Knife, grips, anatomy, 45° & 90° slash/thrust, intercept/redirect drill, - Middle stick, 6 basic uses, basic defense/counter set, basic offense set, K-12

******* Rank Requirements - INTERMEDIATE Level *******

Chil Kub - 7th Grade - Orange Belt

- CHIL KUB KWON BOP - 8 Basics
- KI BON TA GI SUL - Grab defense w/strikes A & B - 12 tech. right & left sides
- HOSHIN SON MOK SUL - Defense of wrist grabs - 15 tech. A, B & C
- GRAPPLING - YUP GOK DAE GI - Side Top Position - 32 tech.
- GRAPPLING - BANG YUK GOK DAE GI - Escape Side Top Position - 10 tech.
- Short Forms - DAN HYUNG - #4 & #5
- FARANG MU KANG HYUNG - **Unyielding Warrior Form** - 2nd Long Form
- Falling tech. - NAK BOP - Interm Falls & Rolls (front, back, left side, right side)
- Trapping - CHA PYO TA SUL - Sensitivity Drills, Human Dummy, Wooden Dummy
- Um-Yang body tech. - Footwork, handwork - 90 deg. - 45 deg.
- Kicking - TARA JOK SUL
- = Interm. kicks: Spin Chop, Torantare, Jump Spin Chop - 360 deg. spin
- Kicking Test - #1, #2, #3, #4
- Joint Locks - KWAN JYEL GI SUL - 21 thru 24
- Throwing - TU GI SUL - 1 thru 22
- DAE RYUN - Sparring
- MOO GI SUL - Weapons - Rope back twirl, - Staff, more spins, thrusts, 2 man staff vs staff set, Knife, counter for counter drills, capture tech. - Middle stick, K-12, K-12 counters, long/middle/short drills

Yuk Kub - 6th Grade - Green Belt

- YUK KUB KWON BOP - 8 Basics
- KONG GYUK KI BON SUL - Basic offensive tech. - 20 tech.
- HOSHIN OUI BOK SUL - Defense from clothes grabs - 40 tech.
- GRAPPLING - KAT-TUK O RU DA - Full Mount Position - 34 tech.
- GRAPPLING - BANG KAT-TUK O RU DA - Escape Full Mount Positions - 10 tech.
- Short Forms - DAN HYUNG - #6 & #7
- FARANG MU KOK HYUNG - **Direct Warrior Form** - 3rd Long Form
- Trapping - CHA PYO TA SUL - Trapping into strikes (1,2 & 3 punch drills)
- Advanced falling - Diving falls
- Advanced take downs, sweeps & throws
- Kicking - HON SIK JOK SUL - TARA JOK SUL
- = Interm kicks - Chin kick, Instep, Twist, Spin Heel, Spin Hook, Spin Crescent High Spin, Low Spin, High Jumping
- Kicking Test - #1, #2, #3, #4
- Joint Locks - KWAN JYEL GI SUL - 25 thru 30
- DAE RYUN - Sparring
- MOO GI SUL - Weapons - Rope, spin w/body, sparring, - Staff, more spins, more 2 man, forms, sparring, - Knife, more of same, forms, tech, sparring, - Middle stick, more of same, sparring, Bamboo sword (Chuk Do) vs Middle stick blocking drills

O Kub - 5th Grade - Blue Belt

- O KUB KWON BOP - 8 Basics
- HOSHIN SANG HA SUGI SUL - Defense from double hand grabbing - 20 tech.
- HOSHIN KI BON SUL - Basic defense tech. 20 tech.
- GRAPPLING - YUK GOK DAE GI - Reverse Top Position - 36 tech.
- GRAPPLING - BANK YUK GOK DAE GI - Escape Reverse Top Position - 10 tech.
- Short Forms - DAN HYUNG - #8 & #9
- FARANG MU KAHN HYUNG - **Distant Warrior Form** - 4th Long Form
- Advanced falling - NAK BOP - Break Falls
- Trapping - CHA PYO TA SUL - Sensitivity Drills, Trapping into take downs
- Kicking - POK SIK JOK SUL
- = Combination kicking, Speed Kicking, Into Spin Kicks
- Kicking Test - 5 kicks within 3 seconds , last 2 are high spin, low spin
- Joint Locks - KWAN JYEL GI SUL - Continuous Locks 1 thru 4 & 4 thru 1
- DAE RYUN - Sparring
- KYUK PA SUL - Breaking w/hand - 1 or 2 station
- MOO GI SUL - Weapons - Same, but more, & more sparring, mix weapons, etc.

***** Rank Requirements - ADVANCED Level *****

Sa Kub - 4th Grade - Purple Belt

- SA KUB KWON BOP - 8 Basics
- HOSHIN MOM JAP GI SUL - defense from body grabs - 50 tech.
- GRAPPLING - DWI YUK GOK DAE GI - Back Reverse Top Position - 36 tech.
- GRAPPLING - BANG DWI YUK GOK DAE GI - Escape Back Reverse Top Position - 10 tech.
- Short Forms - DAN HYUNG - # 10 & # 11
- FARANG MU YU HYUNG - **Gentle Warrior Form** - 5th Long Form
- HAE JUN NAK BOP - Advanced Falling, Kip-ups, Springs, Flips
- Trapping - CHA PYO TA SUL - Sensitivity Drills, Trapping into joint locks
- Kicking - TUK SOO JOK SUL
- = Special kicking - Standing Jump, Jumping Reverse, Jumping Spin
- Kicking Test - 6 kicks within 3 seconds , last 2 are high spin, low spin
- Joint Locks - KWAN JYEL GI SUL - Continuous Locks 1 thru 8 & 8 thru 1
- DAE RYUN - Sparring
- KYUK PA SUL - Breaking w/foot - 1 or 2 station
- MOO GI SUL - Weapons - Same, but more, & more sparring, mix weapons, etc.

Sam Kub - 3rd Grade - Brown Belt

- SAM KUB KWON BOP - 8 Basics
- KONG GYUK KWAN JYEL GI SUL - Offensive joint breaking - 20 tech.
- KONG GYUK TU GI SUL - Offensive throwing tech. - 30 tech.
- GRAPPLING - DWI O RU DA - Back Mount Position - 38 tech.
- GRAPPLING - BANG DWI O RU DA - Escape Back Mount Position - 10 tech.
- Short Forms - DAN HYUNG - #12 & #13
- FARANG MU WON HYUNG - **Fluid Warrior Form** - 6th Long Form
- HAE JUN NAK BOP - Acrobatics, Aerial Flipping, Hand Springs, Back Flips
- Trapping - CHA PYO TA SUL - Flow thru 3 drills into follow up (strikes, take downs, joint locks etc.)
- Kicking - TUK SOO JOK SUL
- = Special kicking - Ground kicks, rolling kicks, high flying, high spinning
- Kicking Test - 7 kicks within 3 seconds , last 2 are high spin, low spin
- Joint Locks - KWAN JYEL GI SUL - Continuous Locks 1 thru 11 & 11 thru 1
- DAE RYUN - Sparring
- KYUK PA SUL - Breaking w/hand & foot - 3 or 4 station
- MOO GI SUL - Weapons - Same, but more, & more sparring, mix weapons, etc.

E Kub - 2nd Grade - Red Belt

- E KUB KWON BOP - 8 Basics
- HOSHIN YANG SOO GI SUL - Defense from both wrist grabs - 30 tech.
- HOSHIN JOK BANG A SUL - Defense from kicking tech. - 40 tech.
- GRAPPLING - KYONG-BI OUI-CHI- (Leg Scissors) Guard Position - 30 tech.
- GRAPPLING - BANG KYONG-BI OUI-CHI - Escape Guard Position - 10 tech.
- Short Forms - DAN HYUNG - #14 & #15
- FARANG MU HAP HYUNG - **Integrated Warrior Form** - 7th Long Form
- HAE JUN NAK BOP - Acrobatics, Back Flips, Front Flips. Twist Flips
- Trapping - CHA PYO TA SUL - Flow thru 5 drills into follow up (strikes, take downs, joint locks etc.)
- Kicking - TUK SOO JOK SUL
- = Special kicking - 450 degree & 540 degree spin - high, middle, low
- Kicking Test - 8 kicks within 3 seconds , last 2 are high spin, low spin
- Joint Locks - KWAN JYEL GI SUL - Continuous Locks 1 thru 16 & 16 thru 1
- DAE RYUN - Sparring
- KYUK PA SUL - Power Breaking w/foot - 1 or 2 station
- MOO GI SUL - Weapons - Same, but more, & more sparring, mix weapons, etc.

******* Rank Requirements - Candidate Black Belt Level *******

IL KUB - 1ST GRADE - HALF BLACK BELT

- IL KUB KWON BOP - 8 Basics

 - HOSHIN BANG TU GI SUL - Defense of throwing tech. - 20 tech.
 - HOSHIN DAN GUM MAKI SUL - Defense of knife tech. - 40 tech.
 - GRAPPLING - DARI OUI-CHI - Leg Tie Position - 35 tech.
 - GRAPPLING - BANG DARI OUI-CHI - Escape Leg Tie Position - 10 tech.

 - FARANG KIBON thru MU HAP HYUNGS - All color belt Long Forms
 - FARANG KI BON DAN BONG HYUNG - Basic Short Stick Form
 - FARANG JANG BONG HYUNG - Long Staff Form Pt. 1

 - Trapping - CHA PYO TA SUL - Flow thru all drills into all ranges and follow up (strikes, take downs, joint locks, etc.)

 - Kicking - TUK SOO JOK SUL
 - = Special kicking - 450 degree & 540 degree spin - high, middle, low
 - Kicking Test - 10 kicks within 5 seconds, 10 point speed break

 - Joint Locks - KWAN JYEL GI SUL - Continuous Locks Escapes - 1 thru 4 & 4 thru 1

 - DAE RYUN - Sparring - FMS® Combat

 - KYUK PA SUL - Power Breaking w/hand - 1 or 2 station

 - MOO GI SUL - Weapons - FMS® weapons combat - Forms, Tech., Drills & Sparring

 - NON MOON - Dissertation on Modern Farang Mu Sul®
 - Modern Farang Mu Sul® Written Test - History, Philosophy and Technique
 - Modern Farang Mu Sul® Oral Test - History, Philosophy and Technique, Personal Goals, Ideas, etc.

 - Meditation - 2 thru 8 hrs.
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De Alba System - Modern Farang Mu Sul®

Rank Requirements

Instructor - Black Sash Levels:

Uniforms, Belts and Sashes: All Black Belt students wear standard Martial Arts Uniforms - Dobok - Colors are: Black Colored Dobok, White Colored Dobok, Blue Colored Dobok and Red Colored Dobok or any combination of colors. Instructors may also wear Black Dobok w/Diamond Stripes and White Dobok w/Diamond Stripes or any combination of colors.

Belts are standard cloth Black Belts, and only Instructors may wear Modern Farang Mu Sul® Black Sash with red fringe and or Modern Farang Mu Sul® formal Rank Vest - Topo. The Black Sash and Formal Rank Vest can only be obtained from Modern Farang Mu Sul® World Head Quarters. All Modern Farang Mu Sul® Black Belts must be certified by WHQ and test in the presence of Grand Master De Alba. All Instructors must be certified and authorized by Modern Farang Mu Sul® World Head Quarters.

Instructor Formal Rank Vests:

1st Dan - Instructor
Black Outer Long Vest

2nd Dan - Head Instructor
Silver Outer Long Vest

3rd Dan - Cheif Instructor
Blue Outer Long Vest

4th Dan - Master Instructor
Red Outer Long Vest

5th Dan - Master Instructor
White Outer Long Vest

6th Dan - Head Master Instructor
Purple Outer Long Vest

7th Dan - Cheif Master Instructor
Teal Outer Long Vest

8th Dan - Grand Master Instructor
Gold Outer Long Vest

Rank Requirements

Black Belt 1st Degree - CHO DAN - JO KYO NIM

Forms - HYUNG

- FARANG MU DUK HYUNG - *Virtuous Warrior Form* - 8th Long Form

- KI BON DAN GUM HYUNG - Basic Knife Form
- DAN BONG HYUNG - Short Stick Form
- JANG BONG HYUNG - Long Staff Form Pt.2
- YANG SON GUM HYUNG - Two Handed Sword Form

Physical Techniques - WAE GONG

- KONG GYUK JI AP SUL - Offensive pressure point tech.
- KONG GYUK JWA GI JI AP SUL - Seated pressure point tech.
- HO SHIN JWA GI SUL - Defense from seated position
- HO SHIN WA GI SUL - Defense from prone position
- KONG GYUK JO RU GI SUL - Offensive choking tech.
- HO SHIN YANG IN CHERI SUL - 2 man defense
- YEN HANG SUL - Opponent control tech.
- JUNG BONG YUK SUL - Baton retention and attack reversal
- JUNG BONG JO RU GI SUL - Baton choking tech.

Weapons - MOO GI GONG

- CHONG SUL - Firearms tech.
- DAN GUM SUL - Knife tech.
- DAN BONG SUL - Short stick tech.
- JUNG BONG SUL - Baton tech.
- JANG BONG SUL - Long staff tech.
- JANG GUM SUL - Sword tech.

Healing Arts - IN SUL

- KI POWER DEVELOPMENT
- Active / Passive
- Summoning
- Channeling
- Extending - Hurting / Healing
- 12 Meridians
- 5 Organs / 5 Elements
- Acupressure
- Acupuncture

Rank Requirements

Black Belt 2nd Degree - E DAN - KYO SA NIM

Forms - HYUNG

- FARANG MU CHUNG HYUNG - *Loyal Warrior Form* - 9th Long Form
- FARANG SU RANG HYUNG - *Beautiful/Strong Warrior Fist Form* - 10th Long Form

- DAN GUM HYUNG - Knife Long Form
- GUM MOO HYUNG - Warrior Sword Form
- JANG BONG HYUNG - Long Staff Form Pt.3
- JANG CHANG HYUNG - Spear Form

Physical Techniques - WAE GONG

- HO SHIN SANG JWA GI SUL - Seated in a chair tech.
- HO SHIN SAM IN CHERI SUL - 3 man defense
- HO SHIN JO RU GI SUL - Defense from chokes
- KONG SOO GUM BANG A SUL - Empty hand sword defense
- TUK SOO E DAN GOL JYEL GI SUL - Special 2 joint breaking tech.
- PAL GAE HWAE JUN SUL - 8 point spinning tech.
- KI YUK YONG SUL - Tech. using opponents power
- BAK SANG SUL - Offensive head tech.
- TUK SOO E HVEL JI AP SUL - Special 2 pressure point tech.

Weapons - MOO GI GONG

- CHONG SUL - Firearms tech.
- DAN GUM SUL - Knife tech.
- DAN BONG SUL - Short stick tech.
- JUNG BONG SUL - Baton tech.
- JANG BONG SUL - Long staff tech.
- JANG GUM SUL - Sword tech. (1 & 2 hands)
- JANG CHANG SUL - Spear tech.

Healing Arts - IN SUL

- KI POWER DEVELOPMENT
- Active / Passive
- Summoning
- Channeling
- Extending - Hurting / Healing
- 12 Meridians
- 5 Organs / 5 Elements
- Acupressure
- Acupuncture

Rank Requirements

Black Belt 3rd Degree - SAM DAN - SA BUM NIM

Forms - HYUNG

- FARANG MU YONG HYUNG - *Brave Warrior Form* - 11th Long Form
- FARANG CHUN JI HYUNG - *Heaven and Earth Form* - 12th Long Form

- JIN JA GUM HYUNG - Sword of Truth Form
- SAM JYEL BONG HYUNG - Triple Stick Form (3 Section Staff)
- SAM JI GUM HYUNG - Three Point Knife Form (aka: FMS Sais)
- DAN JANG HYUNG - Cane Form
- BOO CHE HYUNG - Fan Form

Physical Techniques - WAE GONG

- DO SA IN CHERI SUL - Defense from more than 3 opponents
- TUK SOO KAE GOL JYEL GI SUL - Special multiple joint breaking
- TUK SOO SAM HYEJ JI AP SUL - Special 3 pressure point tech.
- KWAN JYEL GI HWAL YONG SUL - Joint breaking fighting tech.
- HO SHIN JI AP SUL - Defense from pressure point attacks
- WAE SON SUL - One arm defense tech.
- IN SUL UN SHIN BOP - Salsa tech.
- PO BOK SUL - Rope tech.
- BOO CHE SUL - Fan tech.

Weapons - MOO GI GONG

- CHONG SUL - Firearms tech.
- DAN GUM SUL - Knife tech.
- DAN BONG SUL - Short stick tech.
- JUNG BONG SUL - Baton tech.
- JANG BONG SUL - Long staff tech.
- DAN JANG SUL - Cane tech.
- BOO CHE SUL - Fan tech.

Healing Arts - IN SUL

- KI POWER DEVELOPMENT
- Active / Passive
- Summoning
- Channeling
- Extending - Hurting / Healing
- 12 Meridians
- 5 Organs / 5 Elements
- Acupressure
- Acupuncture

Rank Requirements

Black Belt 4th Degree - SA DAN - KWAN JANG NIM

Forms - HYUNG

- FARANG MOO IN HYUNG - *The Warrior Form* - 13th Long Form
- FARANG SUL SA HYUNG - *The Technician Form* - 14th Long Form

- SANG DAN GUM HYUNG - Double Knife Form
- DO HAP GUM HYUNG - Combined Sword Form
- YUK GUM HYUNG - Reverse Grip Sword Form
- SAM JI CHANG HYUNG - Three Point Spear Form
- HWAN DO HYUNG - Halberd Sword Form

Physical Techniques - WAE GONG

- HOSHIN PYUNG SOO SUL - Open palm tech.
- TUK SOO KWAN JYEL GI SUL - Special joint breaking tech.
- TUK SOO SA HYEL JI AP SUL - Special 4 pressure point tech.
- WOAL JANG SUL - Special over objects tech.
- TOO YUK SUL - Flesh / muscle tearing tech.
- O JYEL KI SUL BOP - 5 power technique making the body Light, Heavy, Hard, Numb and Through Mental Medians

Weapons - MOO GI GONG

- CHONG SUL - Firearms tech.
- HORANG-I PAL TOP GUM SUL - Tiger Claw Knife tech.
- DAN BONG SUL - Short stick tech.
- JUNG BONG SUL - Baton tech.
- JANG BONG SUL - Long staff tech.
- DAN JANG SUL - Cane tech.
- BOO CHE SUL - Fan tech.
- SAM JI CHANG SUL - 3 point spear tech.
- HWAN DO SUL - Sword spear tech.

Healing Arts - IN SUL

- KI POWER DEVELOPMENT
- Active / Passive
- Summoning
- Channeling
- Extending - Hurting / Healing
- 12 Meridians
- 5 Organs / 5 Elements
- Acupressure
- Acupuncture

Rank Requirements

Black Belt 5th Degree - OH DAN - KWAN JANG NIM

Forms - HYUNG

- FARANG DO SA HYUNG - *Mountain Warrior Form* - 15th Long Form
- FARANG SU NIM HYUNG - *Warrior Priest Form* - 16th Long Form

- HORANG-I PAL TOP GUM HYUNG - Tiger Claw Knife Form
- CHUNG YONG DO HYUNG - Blue Dragon Sword Form
- SANG GUM HYUNG - Double Sword Form
- DAN JANG GUM HYUNG - Hook Sword Form

Physical Techniques - WAE GONG

- TUK SOO TOO GI SUL - Special throwing tech.
- KONG SOO CHONG BANG A SUL - Empty hand gun defense
- TUK SOO O HYEL JI AP SUL - Special 5 pressure point tech.
- WON SHIM SUL - Circular movement tech.
- SA SUN DO SUL - 4 point flying tech.
- TAE KUK KWON SUL - Umm / Yang moving meditation
- TAE KUK SAM SHIP YUK SUL BOP - Study of the universal 36 killing tech.

Weapons - MOO GI GONG

- CHONG SUL - Firearms tech.
- SANG DAN GUM SUL - Double knife tech.
- SANG DAN BONG SUL - Double short stick tech.
- SANG JUNG BONG SUL - Double baton tech.
- JANG BONG SUL - Long staff tech.
- DAN JANG SUL - Cane tech.
- SANG BOO CHE SUL - Double fan tech.
- SANG GUM SUL - Double sword tech.
- CHUNG YONG DO SUL - Blue dragon sword tech.

Healing Arts - IN SUL

- KI POWER DEVELOPMENT
- Active / Passive
- Summoning
- Channeling
- Extending - Hurting / Healing
- 12 Meridians
- 5 Organs / 5 Elements
- Acupressure
- Acupuncture

*Contact us for Information on the:

LONG DISTANCE - HOME STUDY PROGRAM

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