

SunDo Promotion Requirements

Locate your current level to view the guidelines for moving on to the next level.

Jung Ki Dan Boup (Centering Stage)



Level 1

- 120 practices, minimum
- Weekly class participation, minimum
- \$25 promotion fee
- One-page typed essay about your practice*

Level 2

- 120 practices, minimum
- Weekly class participation, minimum
- \$25 promotion fee
- One-page typed essay about your practice*

Keon Gon Dan Boup (Connecting Sky and Earth Energy)



Level 1

- 140 practices, minimum
- Consistent, regular practice
- \$35 promotion fee
- Three-page typed essay about your practice*
- One three-day retreat**

Won Ki Dan Boup (Working With Primordial Energy)



Level 1 (sets 1-10)

- 45 practices / set, minimum
- \$35 promotion fee
- One three-day retreat**

Level 2 (sets 11-20)

- 45 practices / set, minimum
- \$35 promotion fee
- One three-day retreat**

Level 3 (sets 21-30)

- 45 practices / set, minimum
- \$35 promotion fee
- One three-day retreat**

* Essays are due at least three weeks prior to the promotion ceremony.

** Retreats should be completed prior to the promotion ceremony.

Chook Ki Dan Boup



Jin Ki Dan Boup



Please speak with your instructor about the promotion requirements for the *Chook Ki Dan Boup* and *Jin Ki Dan Boup* levels.

Proper healing of the body, mind, and spirit is more important than promotion. Some practitioners may require longer healing periods at certain levels. The purpose of SunDo practice is to achieve better health and take responsibility for your life.

