

HOI JEON MOO SOOL

1st GUP STANDARD

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| 1. DAN JEON HO HEUP BEOP
KI CHAE JO – IL BANG | Abdominal Breathing Techniques
Sending inner strength one direction |
| 2. HOI JEON BO BEOP
IL BEON BUTEO SHIP BEON KAJI | Turning steps
Four directions (5 kinds) |
| 3. SAM BANG KWEON SOOL
IL BEON BUTEO SHIP BEON KAJI | Three directions hand technique
One to Ten |
| 4. BAL MAKKI KIBON HYEONG
IL BEON BUTEO SHIP YUK BEON KAJI | Basic form for blocking kicks
One to Sixteen |
| 5. NAK BEOP
- HOIJEON NAK BEOP
- HU BANG MU SEONG NAK BEOP | Falling Down Method
50% own height jump obstacle & side fall
Run & half turn jump back roll |
| 6. BAL CHAGI
- JUMP HOI JEON PAL KEUT JJIKKI
- JEONJIN JUMP DOLLYEO CHAGI
- X JA CHAGI | Kicking
Both legs jump 360° turn round house kick
Step jump reverse back turning kick
X shape kick |
| 7. HO SHIN SUL
(AHOP DONG DEUNG DEONJIGI)
- HAN SONMOK PARO
- DWIE SEO YANG OKAE
- JUMEOK
- KAL BOK BU
- KAL NAERYEO | Self Defense Technique
(Group 9 Back Throw Technique)
One wrist hold with same side hand
Both shoulders hold from back
Punch to face
Stab knife to Abdomen
Knife down to head |
| 8. BAL MAKKI (Dari Keolgi)
- AP CHAGI - Dwi
- YEOP CHAGI - Ap
- BAL KEUT JJIKKI - Dwi | Self Defense against Kicks (Leg Hook)
Front kick - Back
Sidekick - Front
Round house kick - Back |
| 9. BEST WINNING WAY
1. Win with Fight (To fight without skills)
2. Win with Training (To fight knowing skills)
3. Win with love & compassion (The true way of HJMS is to defend)
Using opponents' power to defeat him | |
| 10. DAE RYEON
1x1
1x2 | Sparring
Against 1 opponent
Against 2 opponents |