

HOI JEON MOO SOOL

2nd GUP STANDARD

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| 1. DAN JEON HO HEUP BEOP
SA BANG HOIJEON | Abdominal Breathing Techniques
Four directions full turn |
| 2. JUMEOK MAKKI KIBON HYEONG
IL BEON BUTEO SHIP SAM BEON KAJI | Basic Form for blocking punch
One to Thirteen |
| 3. JUMEOK KONG KYEOK
YUK BEON BUTEO SHIP BEON KAJI | Fist Combined Technique
Six to Ten |
| 4. NAK BEOP
- JEON BANG NAK BEOP
- JEON BANG MU SEONG NAK BEOP
- HOIJEON MU SEONG NAK BEOP | Falling Down Method
Both legs jump & half turn front fall
Both legs jump & half turn smooth front fall
Both leg jump & diving style front roll |
| 5. BAL CHAGI KONG KYEOK JASE
IL BEON BUTEO SHIP BEON KAJI | Kicking postures
One to Ten |
| 6. BAL CHAGI
- JUMP ANJA DOLLYEO CHAGI
- HADAN KAWI CHAGI
- HOIJEON ANTARI YEON SOK CHAGI
- BOLLYEO CHAGI | Kicking
Jump & sit, reverse back turning kick
Jump low scissor kick
Out to in kick turning 4 times
High jump both leg front kick outward |
| 7. HO SHIN SUL
(YEODUL DONG WAEGI)
- HAN SONMOK PARO
- YEOP SONMOK
- DWIE SEO YANG SONMOK
- MEORI
- JUMEOK | Self Defense Technique
(Group 8 In to Out Technique)
One wrist hold with same side hand
One wrist hold from side
Both wrists hold from back
Catch the hair
Punch to face |
| 8. BAL MAKKI
- AP CHAGI - Hoijeon kwon sool
- YEOP CHAGI - Hadan yeop chagi
- BAL KEUT JJIKKI - Dwiro pal keup chigi | Self Defense against Kicks
Front kick - Turning hammer attack
Sidekick - Low sidekick
Round house kick - Back turn elbow |
| 9. DAE RYEON
1x1
1x2 | Sparring
Against 1 opponent
Against 2 opponents |