

HOI JEON MOO SOOL

3rd GUP STANDARD

1. DAN JEON HO HEUP BEOP
SA BANG HOIJEON

Abdominal Breathing Techniques

Four directions full turn

2. JUMEOK MAKKO CHIGI HOIJEON SOOL
YUK BEON BUTEO SHIP BEON KAJI

Blocking punch & strike with turning technique

Six to Ten

3. BAL MAKKI SON JASE

- JWA SU MAKKI
- OU SU MAKKI
- JWA OU SU MAKKI
- YANG SU DONGSHI MAKKI

Hands pose for blocking kicks

Left hand block

Right hand block

Left & Right hand block

Both hands block

4. NAK BEOP

- JEON BANG MU SEONG NAK BEOP
- HOIJEON NAK BEOP
- HU BANG MU SEONG NAK BEOP

Falling Down Method

Run & both legs jump front smooth fall

Run & jump with both legs land side

Standing pose jump & back roll

5. BAL CHAGI

- ANJA DOLLYEO CHAGI
- JUMP DOLLYEO CHAGI
- ANDARI ANDARI
- MOA CHAGI

Kicking

Sitting down back turning kick

Jump back turning kick

Out to in kick turn with jump & out to in

High jump both leg front kick together

6. HOI JEON MAKKI

- PALKEUT JJIKKI - MOK DANGIGI SHIK MAKKI
- AP CHAGI - NAERYEO JAPKI

Defense Technique

7. HO SHIN SUL
(ILGOP DONG MELEGEUPSO DEONJIGI)

- HAN SONMOK PARO
- DWIE SEO YANG OKAE
- APESEO KYEO ANNEUL DAE (NAE)
- JUDO DEULEO OL TAE
- JUMEOK

Self Defense Technique

(Group 7 Waist Throw Technique)

One wrist hold with same side hand

Both shoulders hold from back

Hug the body around arms from front

Attempt to catch

Punch to face

8. BAL MAKKI

- AP CHAGI - Dwiro Pal keup chigi
- YEOP CHAGI - Deung jumeok chigi
- BAL KEUT JJIKKI - Jung ji kwon chigi

Self defense against kicks

Front kick - Back turn elbow

Sidekick - Back fist attack

Round house kick - Middle knuckle attack

9. DAE RYEON

1x1

1x2

Sparring

Against 1 opponent

Against 2 opponents