

HOI JEON MOO SOOL

3rd GUP STANDARD

1. DAN JEON HO HEUP BEOP
SA BANG HOIJEON

2. HOI JEON BO BEOP
EI BANG

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

4. JUMEOK KONG KYEOK
YUK BEON BUTEO PAL BEON KAJI

5. NAK BEOP
- HOIJEON NAK BEOP
- JEON BANG NAK BEOP
- JEON BANG MU SEONG NAK BEOP
- HU BANG NAKBEOP
- HU BANG MU SEONG NAK BEOP

6. BAL CHAGI
- ANJA DOLLYEO CHAGI
- JUMP DOLLYEO CHAGI
- DWIRO HOIJEON PAL KEUT JJIKKI
- ANDARI ANDARI
- MOA CHAGI

7. HO SHIN SUL
(ILGOP DONG MELEGEUPSU DEONJIGI)
- HAN SONMOK PARO
- DWI E SEO YANG OKAE
- APESEO KYEO ANNEUL DAE (NAE)
- JUDO DEULEO OL TAE
- JUMEOK

8. BAL MAKKI
- AP CHAGI
- YEOP CHAGI
- BAL KEUT JJIKKI

9. DAE RYEON SULGI
- IL HYEONG

10. DAE RYEON
1x1
1x2

Abdominal Breathing Techniques
Four directions full turn

Turning steps
2 Directions (1 – 5)

Blocking punch & strike with turning tec.
6 – 10

Fist Combined Tec.
6 – 8

Falling Down Method
knee level Obstacle jump & land side
Half turn & Front fall
Run & both legs jump front smooth fall
1 leg jump Back fall
Half turn & jump back roll

Kicking
Sitting down back turning kick
Jump back turning kick (knee up)
Back turn jump Round house kick
Out to in kick turn with jump & out to in
High jump both leg front kick together

Self Defense Technique
(Group 7 Waist Throw tec.)
One wrist holds with same side hand
Both shoulders from back
Hug the body around arms from front
Attempt to catch
Punch to face

Self Defense against Kicks
Front kick
Sidekick
Round house kick

Sparring Techniques
First form (1 – 2)

Sparring
Against 1 opponents
Against 2 opponents