

HOI JEON MOO SOOL

4th GUP STANDARD

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| 1. DAN JEON HO HEUP BEOP
EI BANG HOIJEON | Abdominal Breathing Techniques
Two directions full turn |
| 2. TAE GEUK BO BEOP
KU BEON BUTEO SHIP BEON KAJI | Directions Steps
Nine to Twelve |
| 3. EI BANG KWEON SOOL
YUK BEON BUTEO SHIP BEON KAJI | Two directions hand technique
Six to Ten |
| 4. JUMEOK MAKKO CHIGI HOIJEON SOOL
IL BEON BUTEO O BEON KAJI | Blocking punch & strike with turning technique
One to Five |
| 5. NAK BEOP
- JEON BANG NAK BEOP
- HU BANG NAK BEOP
- HOIJEON MU SEONG NAK BEOP | Falling Down Method
Run & both legs jump front fall
Standing pose jump back fall & rebound up
50% own height jump obstacle & front roll |
| 6. BAL CHAGI KONG KYEOK JASE
O BEON BUTEO PAL BEON KAJI | Kicking postures
Five to Eight |
| 7. BAL CHAGI
- ANJA YEOP CHAGI
- ANJA ANDARI DOLLYEO CHAGI
- EI DAN AP CHAGI
- EI DAN YEOP CHAGI | Kicking
Sitting down & side kick
Sitting down & front turn kick
Jump front kick
Jump side kick |
| 8. HOI JEON MAKKI
- PALKEUT JIKKI - YEOPRO X-JA MAKKI
- SANGDAN JUMEOK - MOK DANGIGI SHIK MAKKI | Defense Technique |
| 9. HO SHIN SUL
(YEO SEOT DONG NAEGI)
- HAN SONMOK PARO
- YEOP SONMOK
- TEE BARO
- DWIE SEO YANG SONMOK
- JUDO DEULEO OL TAE
- JUMEOK | Self Defense Technique
(Group 6 Out to In Technique)
One wrist hold with same side hand
One wrist hold from side
Hold belt from front
Both wrists hold from back
Attempt to catch
Punch to face |
| 10. YEUI
- How to address the Grandmaster?

- What's the name of the Founder?
- What's the meaning of Hoi Jeon Moo Sool?
- What's the specialize of HJMS defense? | Etiquette & Discipline
CHONG JAE NIM

Grandmaster MYUNG JAE OK
The Revolving Martial Art
To use opponents power against him by turning |
| 11. DAE RYEON
1x1 | Sparring
Against 1 opponent |