

HOI JEON MOO SOOL

5th GUP STANDARD

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|--|---|-----|----|-----|-----|------|-----|------|------|----|------|
| <p>1. DAN JEON HO HEUP BEOP
EI BANG HOIJEON</p> | <p>Abdominal Breathing Techniques
Two directions full turn</p> | | | | | | | | | | |
| <p>2. EI BANG KWEON SOOL
IL BEON BUTEO O BEON KAJI</p> | <p>Two directions hand technique
One to Five</p> | | | | | | | | | | |
| <p>3. JUMEOK KONG KYEOK
IL BEON BUTEO O BEON KAJI</p> | <p>Fist Combined Technique
One to Five</p> | | | | | | | | | | |
| <p>4. NAK BEOP
- JEON BANG MU SEONG NAK BEOP
- HOIJEON NAK BEOP
- HU BANG MU SEONG NAK BEOP</p> | <p>Falling Down Method
Standing pose high jump & dive smooth fall
One leg jump & spin in the air land side
Jump & back roll from crouch down pose</p> | | | | | | | | | | |
| <p>5. BAL CHAGI
- HA SANGDAN YEOP CHAGI
- JOKI JIREUGO BAL KEUT JJIKKI
- PAL KEUT JJIKKO AP HURIGI
- PAL KEUT JJIKKO DOLLYEO CHAGI</p> | <p>Kicking
Low & high side kick
Front kick to groin & roundhouse kick
Round house kick & slap kick
Round house kick & reverse turning kick with heel</p> | | | | | | | | | | |
| <p>6. HOI JEON MAKKI
- SANGDAN JUMEOK - YANG SU JAPKI
- AP CHAGI - HADAN MAKKI</p> | <p>Defense Technique</p> | | | | | | | | | | |
| <p>7. HO SHIN SUL
(DASEOT DONG OKAE DEONJIGI)
- HAN SONMOK PARO
- HAN SONMOK DU SON
- JUNG SU MAE
- MYEOK SAL PARO
- SANGDAN JUMEOK
- JUNGDAN JUMEOK</p> | <p>Self Defense Technique
(Group 5 Shoulder Throw Technique)
One wrist hold with same side hand
One wrist hold with both hands
Catch elbow sleeve
Hold the lapel from front
Punch to face
Punch to body</p> | | | | | | | | | | |
| <p>8. YEUI
- What are the Titles of Leaders?
- Jo Kyo Nim (1 - 2 Dan)
- Sa Beom Nim (3 - 5 Dan)
- Kwan Jang Nim (6 Dan & up)</p> <p style="margin-left: 20px;">- Korean Numbers:</p> | <p>Etiquette & Discipline</p> | | | | | | | | | | |
| <table border="1" style="width: 100%; border-collapse: collapse; text-align: center;"> <tr> <td style="width: 10%;">IL</td> <td style="width: 10%;">EI</td> <td style="width: 10%;">SAM</td> <td style="width: 10%;">SA</td> <td style="width: 10%;">O</td> <td style="width: 10%;">YUK</td> <td style="width: 10%;">CHIL</td> <td style="width: 10%;">PAL</td> <td style="width: 10%;">KU</td> <td style="width: 10%;">SHIP</td> </tr> </table> | | IL | EI | SAM | SA | O | YUK | CHIL | PAL | KU | SHIP |
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| <p>9. DAE RYEON
1x1</p> | <p>Sparring
Against 1 opponent</p> | | | | | | | | | | |