

HOI JEON MOO SOOL

6th GUP STANDARD

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| <p>1. DAN JEON HO HEUP BEOP
IL BANG</p> | <p>Abdominal Breathing Techniques
One direction</p> |
| <p>2. HOIJEON BEOP
YUK BEON BUTEO SHIP BEON KAJI</p> | <p>Way of Revolving
Six to Ten</p> |
| <p>3. IL BANG KWEON SOOL
YUK BEON BUTEO SHIP BEON KAJI</p> | <p>One direction hand technique
Six to Ten</p> |
| <p>4. TAE GEUK BO BEOP
SA BEON BUTEO PAL BEON KAJI</p> | <p>Directions Steps
Five to Eight</p> |
| <p>5. NAK BEOP
- HOIJEON MU SEONG NAK BEOP
- JEON BANG NAK BEOP
- HU BANG NAKBEOP</p> | <p>Falling Down Method
One leg jump front roll
Front fall from crouch down pose
Back fall from crouch down pose</p> |
| <p>6. BAL CHAGI KONG KYEOK JASE
IL BEON BUTEO SA BEON KAJI</p> | <p>Kicking postures
One to Four</p> |
| <p>7. BAL CHAGI
- HADAN BAL KEUT JJIKKI
- SONGMON CHA NEOKKI
- MUREUP CHAGI
- DWIRO YEOP CHAGI</p> | <p>Kicking
Low round house kick
Straight kick to shinbone with inside foot
Knee strike
Reverse side kick</p> |
| <p>8. HOI JEON MAKKI
- AP CHAGI - HADAN HEULLYEO MAKKI
- PALKEUT JJIKKI - YANG SU MAKKI</p> | <p>Defense Technique</p> |
| <p>9. HO SHINSUL
(NEOK DONG KYEO DURANGI)
- HAN SONMOK PARO
- MYEOK SAL PARO
- DWIE SEO YANG SONMOK
- DWIE SEO YANG OKAE
- MOK JOREUL TAE
- JUMEOK</p> | <p>Self Defense Technique
(Group 4 Armpit Technique)
One wrist hold with same side hand
Hold the lapel from front
Both wrists hold from back
Catch both shoulders from back
Chock the neck from front
Punch to face</p> |
| <p>10. YEUI</p> <p>What is Munyeom?</p> <p>- MEANING: Freedom from all thoughts and ideas.
- POSITION: Kneeling position, open legs, hands on lap, back straight, eyes closed.
- BREATHING: Inhale using your nose for 5 seconds and hold your breath in your abdomen for 40 seconds then exhale using your mouth.</p> | <p>Etiquette & Discipline</p> |
| <p>11. DAE RYEON
1x1</p> | <p>Sparring
Against 1 opponent</p> |