

HOI JEON MOO SOOL

7th 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. IL BANG KWEON SOOL
IL BEON BUTEO O BEON KAJI</p> | <p>One direction hand technique
One to Five</p> |
| <p>3. NAK BEOP
- JEON BANG NAK BEOP
- JEON BANG MU SEONG NAK BEOP
- HU BANG MU SEONG NAK BEOP</p> | <p>Falling Down Method
Front fall
Front smooth fall
Back roll</p> |
| <p>4. BAL CHAGI
- ANDARI CHAGI
- BAKAT DARI CHAGI
- DWIT KUM CHI DOLLYEO CHAGI
- DOLLYEO CHAGI</p> | <p>Kicking
Out-to-in with inside foot
In-to-out with outside foot
Swing kick with heel to temple
Reverse turning kick with heel</p> |
| <p>5. HOI JEON MAKKI
- JUNG DAN JUMEOK - NAERO MAKKI
- AP CHAGI - NAERYEO MAKKI</p> | <p>Defense Technique</p> |
| <p>6. HO SHIN SUL
(SEOK DONG KINEOKKI)
- HAN SONMOK PARO
- HAN SONMOK EOT GALLYEO
- APESEO DWIT DEOLMI
- MEORI
- YANG SONMOK PARO
- JUMEOK</p> | <p>Self Defense Technique
(Group 3 Send the Spirit Technique)
One wrist hold with same side hand
One wrist hold from the opposite side
Hold the nape from the back
Grab the hair
Both wrists hold from front
Punch to face</p> |
| <p>7. YEUI
- TEE MAE KI</p> <p>- DOJANG (Martial Arts training hall)
- DOBOK (Uniform)
- TEE (Belt)</p> <p>- Korean Numbers:</p> | <p>Etiquette & Discipline
Proper way of tying belt</p> |

Hana	Dul	Set	Net	DaSeot	YeoSeot	Elgop	YeoDul	Ahop	Yeol
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