

HOI JEON MOO SOOL

8th GUP STANDARD

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| 1. DAN JEON HO HEUP BEOP
KI CHAE JO | Abdominal Breathing Techniques
Sending inner strength technique |
| 2. HOIJEON BEOP
IL BEON BUTEO O BEON KAJI | Way of Revolving
One to Five |
| 3. TAE GEUK BO BEOP
IL BEON BUTEO SA BEON KAJI | Directions Steps
One to Four |
| 4. NAK BEOP
- HOIJEON MU SEONG NAK BEOP
- HOIJEON NAK BEOP
- HU BANG NAK BEOP | Falling Down Method
Front roll with no sound
Front roll & land side
Back fall |
| 5. BAL CHAGI
- JOKDO CHA NAERIGI
- AP CHAGI
- YEOP CHAGI
- BAL KEUT JJIKKI | Kicking
Down kick with knife of foot
Front kick
Side kick
Round house kick |
| 6. HOIJEON MAKKI
- NAERO IL JA MAKKI
- WERO IL JA MAKKI | Defense Technique
Inside block
Outside block |
| 7. HO SHIN SUL
(DU DONG CHIGI)
- HAN SONMOK PARO
- YEOP SONMOK
- HAN SONMOK EOT GALLYEO
- HAN SONMOK DU SON
- YANG SONMOK PARO
- YANG SONMOK WERO | Self Defense Technique
(Group 2 Striking Technique)
One wrist hold with same side hand
One wrist hold from side
One wrist hold opposite side
One wrist hold with both hands
Both wrists hold from front
Both wrists hold up |
| 8. YEUI
- What are the 3 precepts of Dojang? <ul style="list-style-type: none">- Right Thought- Right Act- Always give your best effort
- What's the name of this Martial Arts?
- How to address the Instructor?
- How to address the Master?
- What's the name of your Master? | Etiquette & Discipline

HOI JEON MOO SOOL
SA BEOM NIM
KWAN JANG NIM
Master Faisal Taqi |