

1st Gup Requirements

Hyung

Passai

The Cobra Form

Il Soo Sik Dae Ryun

Ship sam bon – Ship sa bon

13 – 14

Ho Sin Sool

Side wrist grabs

1 – 2

Soo gi

Jang kwon do kong kyuk

Long hammer-fist strike

Jok gi

Ee dan aneso pakuro cha gi

Jump inside-out crescent kick

Ee dan dwi aneso pakuro cha gi

Jump short back spinning kick

Ee dan dwi pakeso anuro cha gi

Jump spin outside-in crescent kick

Kyok pa

Dwi hu ri gi

Spinning hook kick

Tuel oh jang kap kwon kong kyuk

Reverse long back-fist strike*

*Alternate: Any three hand techniques in succession