

2nd Gup Requirements

Hyung

Pyung Ahn O Dan

Pyung Ahn Form Five

Il Soo Sik Dae Ryun

Ship il bon – Ship ee bon

11 – 12

Ho Sin Sool

One-on-each wrist grabs

1 – 4

Soo gi

Choi ha dan soo do mahk kee

Ground level knife-hand block

Jok gi

Ee dan dwi cha gi

Jump back kick

Ee dan yup hu ri gi

Jump side hook kick

Ee dan dwi hu ri gi

Jump spinning hook kick

Kyok pa

Yup hu ri gi

Side hook kick

Yuk soo do kong kyuk

Ridge-hand strike*

*Alternate: Any two hand techniques in succession