

3rd Gup Requirements

Hyung

Pyung Ahn Sa Dan

Pyung Ahn Form Four

Il Soo Sik Dae Ryun

Gu bon – Ship bon

9 – 10

Ho Sin Sool

Two-on-one wrist grabs

1 – 3

Soo gi

Jang kap kwon kong kyuk

Long back-fist strike

Jok gi

Ee dan dolly-o cha gi

Jump round-house kick

Ee dan aneso pakuro cha gi

Jump inside-out crescent kick

Kyok pa

Ee dan dolly-o cha gi

Jump round-house kick

Tuel oh choong dan kong kyuk

Reverse punch*

*Alternate: Any two hand techniques in succession