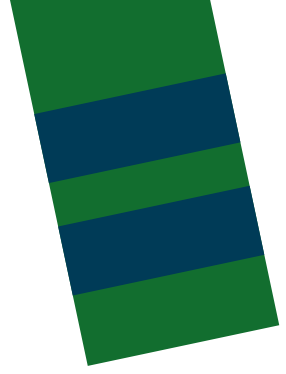


4th Gup Requirements



Hyung

Pyung Ahn Sam Dan

Pyung Ahn Form Three

Il Soo Sik Dae Ryun

Chil bon – Pahl bon

7 – 8

Ho Sin Sool

Same side wrist grabs

1 – 4

Soo gi

Yuk jin kong kyuk

Reverse punch in back stance

Jok gi

Peet cha gi

Dwi hu ri gi

Dwi aneso pakuro cha gi

Reverse round-house kick

Spinning hook kick

Short back spinning kick

Kyok pa

Dolly-o cha gi

Any two hand techniques in succession

Round-house kick