

6th Gup Requirements

Hyung

Pyung Ahn Cho Dan

Pyung Ahn Form One

Il Soo Sik Dae Ryun

Sam bon – Sa bon

3 – 4

Ho Sin Sool

Cross-hand wrist grabs

1 – 2

Soo gi

Ha dan soo do mahk kee

Ssang soo aneso pakuro mahk kee

Kwon do kong kyuk

Kwon soo kong kyuk

Low knife-hand block

Reinforced middle block

Hammer fist strike

Spear-hand strike

Jok gi

Pakeso anuro cha gi

Dwi podo cha gi

Outside-in crescent kick

Back kick

Kyok pa

Yup podo cha gi

Kwon do kong kyuk

Side kick

Hammer-fist strike