

7th Gup Requirements

Hyung

Gi Cho Hyung Sam Bu

Basic Form Three

Il Soo Sik Dae Ryun

Il bon – Ee bon

1 – 2

Ho Sin Sool

Cross-hand wrist grab

1

Soo gi

Pakeso anuro mahk kee

Weng jin kong kyuk

Hu gul yup mahk kee

Pahl koop kong kyuk

Outside-in middle block

Side punch in horse stance

Middle block in back stance

Elbow strike

Jok gi

Yup podo cha gi

Ee dan ahp cha nu gi

Side kick

Jump front kick

Kyok pa

Ahp cha nu gi

Pahl koop kong kyuk

Front kick

Elbow strike