

8th Gup Requirements

Hyung

Gi Cho Hyung Ee Bu

Basic Form Two

Il Soo Sik Dae Ryun

Il bon

1

Ho Sin Sool

Basic releases from wrist grabs

Soo gi

Aneso pakuro mahk kee

Sang dan kong kyuk

Tuel oh choong dan kong kyuk

Middle block

High punch

Reverse middle punch

Jok gi

Aneso pakuro cha gi

Dolly-o cha gi

Inside-out crescent kick

Round-house kick

Kyok pa

Ahp cha nu gi

Front kick