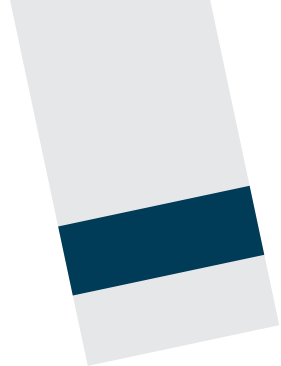


9th Gup Requirements



Hyung

Gi Cho Hyung Il Bu

Basic Form One

Il Soo Sik Dae Ryun

None

Ho Sin Sool

Basic releases from wrist grabs

Soo gi

Ha dan mahk kee

Sang dan mahk kee

Choong dan kong kyuk

Low block

High block

Middle punch

Jok gi

Ahp cha nu gi

Ahp podo ol ri gi

Front kick

Front stretch kick

Kyok pa

Ahp cha nu gi

Front kick