

# 5th Gup Requirements

## Hyung

Pyung Ahn Ee Dan

Pyung Ahn Form Two

## Il Soo Sik Dae Ryun

0 bon – Yuk bon

5 – 6

## Ho Sin Sool

Cross-hand wrist grabs

1 – 4

## Soo gi

Soo do kong kyuk

Yuk soo do kong kyuk

Ha dan ssang soo mahk kee

Sang dan ssang soo mahk kee

Knife-hand strike

Ridge-hand strike

Low x-block

High x-block

## Jok gi

Ee dan yup podo cha gi

Yup hu ri gi

Jump side kick

Side hook kick

## Kyok pa

Dwi podo cha gi

Jang kwon kong kyuk

Back kick

Palm-heel strike