

HAPKIDO MOO MOO KWAN

GUP 2 (Red 2)

1. Dan Jeon Ho Hup bop Abdominal Breathing Techniques

2. Nuk Bop (Falling Down Method)
Go Young Ee Nuk Bop : (Long jump(Min 1.5M) over obstacle & Rolling)

3. Pal Chagi (Kicking)
 1. Moa Chagi (High jump both leg front kick together.)
 2. Bollyeo chagi (High jump both leg front kick outward)

4. HOSINSUL (SELF DEFENSE) :
 - a. Pal Makki (Kicking defense):
 - i. Ap chagi (Front kick)
 - ii. Yeop chagi (Side kick)
 - iii. Chigo chagi (Round house kick)

 - b. Twe Su (Grabbing from behind): 1 to 10 (Junior 5):
 1. Sonmoki
 2. LF step back side then side through.
 3. LF step back, Waigi with using R L.
 4. Holding sleeve, Kinoki
 5. Holding Elbow level, Elbow hit, holding leg, though.
 6. Holding shoulders, hit with elbow to chest, hold his right hand & though sonmoki.
 7. Holding back leple, hit neck, though,
 8. Holding belt, hit neck then arm press on his elbow to bring him down.
 9. Chocking neck with RL, first hit with Right elbow then lift elbow to his ribs, then though side.
 10. Holding body with both arms, thump inside fist, close fist and push to open the hug, then same as number 9.

 - c. Kal Makki (Knife Defense): 3,4

5. Fwall Young Sool : (Pattern) : # 4

DAE REON (SPARRING) With One person

