

**HAPKIDO MOO MOO KWAN**  
**GUP 3 ( Red 1 )**

Mahmood Shamsi

1. **Dan Jeon Ho Hup bop** Abdominal Breathing Techniques
2. **Jun Fwan Peop** (Turning Tech.): 8 Directions.
3. **Nuk Bop** (Falling Down Method)
4. **Pal Chagi** ( Kicking)
  - 1) Dabble moa chiga chagi (Jumping round house ( both feet)
  - 2) Dabble moa eidan ap chagi (Jumping front kick ( both feet )
  - 3) Hadan gawi milgi (Low scissor kick
5. **HOSINSUL ( SELF DEFENSE ) :**
  1. **Jumook Makki ( Block/Counter Restrain ) : 19.20**
    - LH block & hold, RF TRIP,RH push his L-shoulder to thigh.
    - RH block out-in, change hands, jump & RF TRIP, push with RH on his L-shoulder to through hem back side.
  2. **Ee Bok Su** ( Grabbing Clothes ): 1 to 10
    1. Holding sleeve.
    2. Above Sleeve.
    3. Holding elbow level.
    4. Holding Triceps level.
    5. Holding shoulders level.
    6. Holding nape (back neck) . Kenoki.
    7. Chest level pushes. Chokson moki down.
    8. Chest pull, use head.
    9. Belt up, sandwich press then with knees.
    10. Belt down, use thump push then Naigi.
  1. **Kal Makki**( Knife Defense ) : 1,2
  2. **Pal Makki** ( Kicking defense )
    - 1) Ap chagi (Front kick)
    - 2) Yeop chagi (Side kick )
    - 3) Chigo chagi (Round house kick )
6. **DAE REON** (SPARRING) With One person