

HAPKIDO MOO MOO KWAN

GUP 4 (Blue 2)

1. Dan Jeon Ho Hup bop Abdominal Breathing Techniques
2. Nuk Bop (Falling Down Method) (Junior 1) :
 - i. Ban Hoi Jeon Jeonbang moo seong nak peob. (Half Turn Front Fall No Sound)
 - ii. Ban Hoi Jeon Jeonbang Nak Peob (Half Turn Front Fall)
 - iii. Jump Han Son Jong Gul Nak Beop. (Front roll with one hand)
3. Pal Chagi (Kicking) (Junior 1) :
 - 1) Edan Dollyo Chagi (Jump Spinning heel kick)
 - 2) Hadan Dollyo Chagi (Down Spinning heel kick).
4. HOSINSUL (SELF DEFENSE) :
 - 1) Jumook Makki Block/Counter Restrain : 16,17,18 (Junior 1) :
 - i. Naigi
 - ii. Waigi
 - iii. Bending his hand behind back.
 - 2) Pal Makki (Kicking defence) (Junior 1) :
 - i. Ap chagi (Front kick) (Blocking from outside)
 - ii. Yeop chagi (Side kick) (hit pressure point *في البطة*)
 - iii. Chigo chagi (Round house kick) (Blocking like yungsonal makki (double hand block, RH up) anticlockwise turn and throw, yup chagi to face).
 - 3)
5. Joong Bong Makki (Medium Stick Defence) : 1,2
 - i. Block up and let slide down.
 - ii. Block up while moving side.
 - iii. Block up and run down.
6. Fwall Young Sool (Pattern) (No.3)
7. DAE REON (SPARRING) With One person