

HAPKIDO MOO MOO KWAN

GUP 5 (Blue 1)

1. Dan Jeon Ho Hup bop Abdominal Breathing Techniques
2. Jun Fwan Peop (Turning Tech.) : 6 Directions.
3. Nuk Bop (Falling Down Method)
 - 1) O-Heojeon Chip Bung Nuk Beop (LF back & turning)when you land LF front, RF back, your L Hand on your stomach, R hand on Ground.
 - 2) Ja-Heojeon Chip Bung Nuk Beop (RF back & turning) when you land, RF front, LF back, your R hand on your stomach, L hand on Ground.
4. Pal Chagi (Kicking) (Junior 1)
 - 1) Anja Andari chigo chagi (Down front turning kick)
 - 2) Anja Yeop chagi (Setting down side kick)
5. HOSINSUL (SELF DEFENSE) :
 - 1) SON MOK SU (Single hand grip) 10,11 (Junior 1):
 - WAIGI
 - Deung Deonjiki (Back throwing) (but don't carry on back).
 - 2) SUN CHI SU (Cross hand grip) : 9,10 (Junior 1):
 - i. Waigi
 - ii. Melgobsotanjigi
 - 3) Jumook Makki Block/Counter/Restrain : 13-15 (Junior 2):
 - i. KINEOKKI (block with both hands)
 - ii. KYODEURANGKI (block with both hands)
 - iii. EOGGE TEONCHIKI (block with both hands)
4. DAE REON (SPARRING) With One person