

**HAPKIDO MOO MOO KWAN**  
**GUP 7 ( Green 1 )**

1. **Dan Jeon Ho Hup bop** Abdominal Breathing Techniques
2. **Jun Fwan Peop** (Turning Tech.) : 4 Directions.
3. **Nuk Bop** (Falling Down Method) ( Junior 1 )
  - 1) Chang Bang Mu Seong Nak Beop (Upside down front smooth fall)
  - 2) Hu Bang Ipki Beop (Jump & back roll from crouch down pose)
4. **Pal Chagi** ( Kicking) ( Junior 2 )
  1. Seongmun Chaneohki ( Knife of foot out to in strike shin )
  2. Seongmun Chadolligi ( Heel of foot in to out strike shin )
  3. Jukdoro Bal Makki ( In to out blocking kick )
  4. Dwit Murup Naeryeo Chagi ( Knife of foot behind knee and press down )
  5. Dollyo Chagi ( Back round house kick with heel )
5. **HOSINSUL ( SELF DEFENSE ) :**
  - a. **SON MOK SU ( Single hand grip) 6,7 ( junior 1 ):**
    - i. NAIGI ( not the jumping one, but normal one)
    - ii. KYEODEURANGKI ( armpit )
  - b. **SUN CHI SU ( Cross hand grap ) : 5,6 ( Junior 1 ):**
    - i. Kick with knife of foot to his shim-bone, then twist the hand sonmoki then throw.
    - ii. Step with L/leg to Right and do EOGGE TEONCHIKI ( Shoulder ). Then twist his hand by pressing on his inside arm with your thumb till he is down then put his hand behind his back while he is on the ground.
  - c. **Jumook Makki Block/Counter/Restrain: 9-10 ( Junior 1 ):**
    - i. RL Knee up, tongchimok chigi to chen, then through.
    - ii. LH block put behind back, sonkot to neck , though.
  - d. **Makko Chigi Step/Block/Counter Attack : 4 – 6 ( Junior 1 ):**
    - i. with five fingers slap to face and also with other hand same then through.
    - ii. block with LH then sonkut cherogi to nick.
    - iii. block with RH and knife to below nose, LH knife to ribs.
6. **Yea Ei Rum** : What are the rules of the gym ( e.g: Bow & shaking hands etc.. )
7. **DAE REON** (SPARRING) With One person