

**HAPKIDO MOO MOO KWAN**  
**GUP 9 ( Yellow 1 )**

1. **Dan Jeon Ho Hup bop** Abdominal Breathing Techniques
2. **Jun Fwan Peop ( Turning Tech.)** 2 Direction.
3. **Nuk Bop (Falling Down Method) ( Junior 2 )**
  - 1) Jung Bung Nuk Bop (Front Fall )
  - 2) Chip Bung Nak Beop (Side Fall: Both sides )
  - 3) Jong Gul Nuk Beop ( Front Roll : Both Sides )
  - 4) Jong Gul / Chip Bung Nak Beop ( Rolling and land side: Both sides)
  - 5) Phwoo Bung Nak Beop ( Back Fall )
4. **Pal Chagi ( Kicking) ( Junior 3 )**
  1. Ap Chagi ( Front Kick )
  2. Chiga Chagi ( Round- house kick )
  3. Yup chagi ( Side Kick )
  4. Morup Chagi ( Knee Strike)
5. **HOSINSUL ( SELF DEFENSE ):**
  - A. **Son Bag Ki ( Basic Freeing Hand Tech.) 1- 6 ( Junior 3 )**  
1)- Up 2)- Down 3)- Left 4)- Right 5)- Pull 6)- Hold & take out
  - B. **Kibon Su (Basic Technique) : 1- 5 ( Junior 1 )**
    - a. Front
    - b. Back
    - c. Naigi
    - d. CHEUK SONMOKKI ( Side wrest ) Finger down
    - e. SONMOKKI ( Wrest tech )
  - C. **SON MOK SU ( Single hand grap) 1- 3 ( Junior 1 )**
    - a. Upward then elbow to chin
    - b. Twist down while holding with other hand then knife of hand to ribs
    - c. Strike with your other hand to his wrist then another strike with back-fist to his temple.
  - D. **SUN CHI SU ( Cross hand grap ) : 1,2 ( Junior 1 )**
    - a. Sonmoki
    - b. Kinoki .
  - E. **Jumook Makki ( Block/Counter Restrain ) : 1- 4 ( Junior 1 )**  
1)- 45 left. 2)- 45 Right 3)-Block/punch 45 R 4)-Punch 45 L
6. **Dojang Manner :**
  - 1) Meaning of HAPKIDO:
    - I. **HAP:** Means Coordinating.
    - II. **Ki :** Means Inner Power.
    - III. **Do:** Means The way.So HAPKIDO Means : The Art of Coordinated Power.
  - 2) When you enter the gym or exit: Bow at the door.
  - 3) Sa Beom Nim, ( Instructor )
  - 4) Kwan Jang Nim ( Master )
7. **Korean Numbers:** Hana, Dul, Set, Net, Daseot, YeoSeot, Elgop, YeoDul, Ahop, Yeol