

HAPKIDO MOO MOO KWAN

GUP 1 (Red 3)

1. Dan Jeon Ho Hup bop Abdominal Breathing Techniques

2. Nuk Bop (Falling Down Method)

- 1) Hoijeon nak beop (Both legs jump over obstacle & side fall)
- 2) Go Young Ee nak beop (Both leg high jump & diving position front roll)

3. Pal Chagi (Kicking)

- 1) X Ja chagi. (X shape kick)
- 2) Jang e mul chiga chagi (Step on obstacle, round house kick.)
- 3) Yup chago Yup chagi (Jump side kick and back turn side kick with other leg.)
- 4) Yang bal beollyeo balkkeut jjikki
- 5) (Jump round house kick to body and face with other leg at the same time.
- 6) Jjikko jjikki (Jump round house kick & land same leg.)

4. HOSINSUL (SELF DEFENSE):

1) Yang Chi Su (Double Hand Grabs) : 1 – 10 (Junior 5):

1. One hand up one hand down, then slap to his face with trip leg then though.
2. Kodrangi (first using opening hands Right/left wide).
3. Sonmoki (near his head and pull down).
4. Push & pull, then one hand hold and press hand/fingers down.
5. Both hands one direction out then push chen with leg trib though.
6. Pull one hand to heart then press down on his arm with your forearm.
7. Using palm with holding fingers twist down then press on fingers upwards then down.
8. Naigi – holding his side palm.
9. Naigi – but push right/left wide and ur arm pushing his arm and same as above.
10. Like shipcha yolhangi – pushing his arm.

2) Pang Tooki (Double Hand Attacks) : 1 to 10 (Junior 5):

1. Block two hands from inside, stick to chest, move side and trip leg, let hem fall.
2. Same above block, hold his R/hand and pull with trip his lig to through.
3. Same above, hold his R/hand, with your R/arm attach his throat.
4. Same above, using palsalyo push then press down on his triceps.
5. Block with both hands from outside, then push with your arm to his neck in order to though hem down with leg trip.
6. Twisting back.
7. Palki tangiki (spirit)
8. Pushing bak and pushing chin.
9. Twist & holding chen then elbow to chin.
10. Three 3 pressure points.

3) Kal Makki (Knife Defense) : 5,6

6. DAE REON (SPARRING) With One person