

## HAPKIDO MOO MOO KWAN

# GUP 3 ( Red 1 )

1. **Dan Jeon Ho Hup bop** Abdominal Breathing Techniques

2. **Jun Fwan Peop** (Turning Tech.): 8 Directions.

3. **Nuk Bop** (Falling Down Method)

4. **Pal Chagi** ( Kicking)

- 1) Dabble moa chiga chagi (Jumping round house ( both feet)
- 2) Dabble moa eidan ap chagi (Jumping front kick ( both feet )
- 3) Hadan gawi milgi (Low scissor kick

5. **HOSINSUL ( SELF DEFENSE ) :**

1. **Jumook Makki ( Block/Counter Restrain ) : 19.20**

- LH block & hold, RF TRIP,RH push his L-shoulder to though.
- RH block out-in, change hands, jump & RF TRIP, push with RH on his L-shoulder to through hem back side.

2. **Ee Bok Su** ( Grabbing Clothes ): 1 to 10

1. Holding sleeve.
2. Above Sleeve.
3. Holding elbow level.
4. Holding Triceps level.
5. Holding shoulders level.
6. Holding nape (back neck) . Kenoki.
7. Chest level pushes. Chokson moki down.
8. Chest pull, use head.
9. Belt up, sandwich press then with knee.es
10. Belt down, use thump push then Naigi.

1. **Kal Makki**( Knife Defense ) : 1,2

2. **Pal Makki** ( Kicking defense )

- 1) Ap chagi (Front kick)
- 2) Yeop chagi (Side kick )
- 3) Chigo chagi (Round house kick )

6. **Joong Bong Makki** ( Medium Stick Defence/counter attack ) :

- i. Block up and let slide down/attack neck.
- ii. Block up while moving side/attack head.
- iii. Block up and run down/attack head/face.

7. **DAE REON** (SPARRING) With One person