

HAPKIDO MOO MOO KWAN
GUP 6 (Green 2)

1. **Dan Jeon Ho Hup bop** Abdominal Breathing Techniques
2. **Nuk Bop** (Falling Down Method)
 - 1) O-Chung Bung Nuk Beop (Right side fall both hands on ground, RF front, LF back)
 - 2) Ja-Chung Bung Nuk Beop (Left side fall both hands on ground, LF front, RF back)
3. **Pal Chagi** (Kicking) (Junior 2)
 - 1) Eidan Ap chagi (Jumping front kick)
 - 2) Eidan Yeop chagi (Jumping side kick)
 - 3) Eidan Chigo chagi (Jumping Roundhouse kick)
 - 4) Eidan Antari (Jumping Out to In)
 - 5) Eidan Pakutarie (Jumping In to Out.
4. **HOSINSUL (SELF DEFENSE):**
 - 1) **SON MOK SU (Single hand grap)** 8,9 (Junior 1)
 - MILKEUPSO TEONCHIKI (West)- (back)(his elbow on your chest, throw)
 - KASEUMCHIKI (Chest Strike tech.) (But with press Elbow on his chest, and push with your leg behind his leg.) heel strike to his kidney.
 - 2) **SUN CHI SU (Cross hand grap)** : 7,8 (Junior 1)
 - CHIGI : Patangsonchigi (Strike to chin with palm of the hand)
 - KYEODEURANGKI (Armpit)
 - 3) **Jumook Makki Block/Counter/Restrained** : 11,12 (Junior 1)
 - Bluck with RH closed fist & luck his hand, LH elbow press on his knick while with LF push forward to throw him.
 - Bluck with RH open fist, turn his hand and though him sonmoki using your RF to though.
 - 4) **Makko Chigi Step/Block/Counter Attack** : 7-10 (Junior 2)
 - hit with aphon.(with fork of the hand)
 - Palm to side face. (but side of the palm)
 - kwon sool outside.elbow to body then back Fist to chin.
 - Kwon sool inside.elbow to body then back Fist to chin.
8. **Fwall Young Sool (Pattern)** (No.2)
9. **DAE REON** (SPARRING) With One person