

HAPKIDO MOO MOO KWAN

GUP 8 (Yellow 2)

1. Dan Jeon Ho Hup bop Abdominal Breathing Techniques

2. Nuk Bop (Falling Down Method)
Phwo Bung Mu Seong Nak Beop (Back rolling)

3. Pal Chagi (Kicking) (*Junior 2*)
 - 1) Sandan Antari Chagi (Inside Axe (Heel)Kick)
 - 2) Pukka Dari (Outside Axe(Heel) Kick)
 - 3) Dwit Kum Chi Dollyeo chagi (Swing kick with heel to temple)

4. HOSINSUL (SELF DEFENSE):
 - 1) Kibon Su (Basic Technique) : 6-10 (Junior 2):
 - a. *Kullooki*
 - b. *Finger inside armpit and twist hand and throw.*
 - c. *Pull Hand Trip leg, throw.*
 - d. *Pull Hand with Step, Trip leg, throw, finishing knee on knick.*
 - e. *Twist head.(Clockwise)*

 - 2) SON MOK SU (Single hand grip) 4,5 (Junior 1):
 - a. Pull to your heart, then press down with knife. Kaluki (Pressing way)
 - b. Twist down & pull. CHEUK SONMOKKI (Side wrest)

 - 3) SUN CHI SU (Cross hand grip) : 3,4 (Junior 1):
 - a. Naigi- R/Step to Left then hold his inside triceps/arm then Naigi.
 - b. Hit with middle finger opponent's back hand, R/Step to Left then hold his R/hand like palshipchagi then push with your L/hand elbow on his chest back and with your L/leg trip hem to fell back.

 - 4) Jumook Makki (Block/Counter/Restrain) : 5-8 (Junior 1):
 - a. *Block with LH, right punch to ribs and patangson to chin, RL-TRIP to though.*
 - b. *Punch rips with LH while step with LF, Elbo stike to chin while turning with RF.*
 - c. *Pluck and twisting back side.*
 - d. *Block and twisting front side.*

 - 5) Makko Chigi (Step/Block/Counter Attack) : 1-3 (Junior 1):
 - a. Knife to below nois
 - b. sonkut cherogi to stomach
 - c. kokwanchigi to chen.

5. Fwall Young Sool (Pattern) (No.1)

6. MUNYEOM (MEDITATION)
 - i. **Meaning:** Freedom from all thoughts and ideas.
 - ii. **Position:** Kneeling position, open knees, hands on lap, back straight, eys close. iii. **Breathing:** Inhaling for 5-10 seconds and exhaling for 5 to 10 seconds. While
you inhale using your nose, stick your tongue to the palate, and exhale slowly using the mouth for the same time as inhalation.
 - iv. **Time:** 2 to 3 minuets.