

Gup 8 Requirements

Terminology

Ji-hap- line up

Ahnjo- sit

Ay oh set- stand

Bah-ro- return

Hae cho- class dismissed

Dojang- school

Stages of training- static, fluid, and dynamic

Korean numbers 1-10

Korean names for blocking techniques

Stance and movement

Cha yun soghi- natural stance

Shuffle step

Ducking

Back roll

Blocks

Yop chagi makki- side kick block

Mooreup makki-Knee leg check

Hand Attacks

Tollyo chirugi- turning punch

Twijibo chirugi- upset punch

P'yonggwansu- flat spear finger (high or low)

Chonggwansu- straight spear finger

Kicking

Multi kicking with front kicks

Front to round kick combination

Stomp front kick

Low, middle, high multi kicks with round kick

Yop chagi- Standard side kick, jam and power

Pandal chagi- inside and outside crescent kick, jam and power

Self Defense

Lapel grab escapes

Hair pull escapes

Front kick catch and lift

Rear bear hug escape (foot grab variation)

Rear bear hug escape (victory pose variation)

Kick shed counter against a wall

Jugular notch pressure point

One-step Sparring Drills

Punch counter #3

Front kick counter #2

Round kick counter #1

BJJ Techniques

Clinch control

Leg hook/body fold takedown

Guard pull

Hook sweep

Hip bump sweep

Elevator sweep

Scissor sweep

Back take from guard

Kids' ground games

Forms

Tan-gun: Command

To-san: Solid execution

Won-hyo: basic understanding

Weapons

Ana Bahng Mahng ee: Solid grasp

Bahng mahng ee sparring drill