



5th Gup Candidate Requirements

Ki Cho

- A). Hand Techniques – Two Fist Low and High Blocks (X Blocks), Two Fist Low and Middle Blocks in Hu Gul Jaseh, all previous Hand Techniques in Combinations.
- B). Foot Techniques – Short Back Spinning Kick (Dwi Ahneso Pahkuro), Kicking Combinations.

Hyung

Pyung Ahn Sam Dan
Chil Sung E Ro Hyung

Il Soo Sik Dae Ryun

7 - # 10

Ho Sin Sool

Two on One Wrist Grab: # 1 - # 2

Kyok Pa

Kwon Do Kong Kyuk or Dwi Podo Cha Gi

Oral Exam

- A. Basic: Ki Cho
- B. Sparring: Dae Ryun
- C. Defense: Mahk Kee
- D. Bow: Kyung Ret
- E. Return: Ba Ro
- F. Form: Hyung
- G. Attack: Kong Kyuk
- H. Attention: Cha Ryut
- I. Begin: Si Jak
- J. Honesty: Chung Jik
- K. Chinese Numbers: First: Il, Second: E, Third: Sam, Fourth: Sa, Fifth: O, Sixth: Yuk, Seventh: Chil, Eighth: Pahl, Ninth: Gu, Tenth: Ship
- L. Sample Question: Why do you bow before you enter the Do Jang?