



6th Gup Candidate Requirements

Ki Cho

- A). Hand Techniques – Two Fist Middle Block (Chun Gul Ssang Soo Mahk Kee), Soo Do Middle Block, Soo Do High Block, Kwan Soo Attacks.
Hand Technique Combinations Incorporating Above Techniques.
- B). Foot Techniques – Front Outside-Inside Snap Kick, Back Snap Kick, Roundhouse Kick, Side Kick, and Kicking Combinations.

Hyung

Pyung Ahn Cho Dan
Pyung Ahn E Dan
Chil Sung E Ro Hyung

Il Soo Sik Dae Ryun

5 - # 8

Ho Sin Sool

Same Side Wrist Grab: # 1 - # 4

Kyok Pa

Jang Kwon Kong Kyuk or Yup Podo Cha Gi

Oral Exam

- A. Basic: Ki Cho
- B. Bow: Kyung Ret
- C. Defense: Mahk Kee
- D. Sparring: Dae Ryun
- E. Return: Ba Ro
- F. Endurance: In Neh
- G. Attack: Kong Kyuk
- H. Form: Hyung
- I. Begin: Si Jak
- J. Attention: Cha Ryut
- K. Meditation: Muk Nyum