

**(10<sup>th</sup>) Ship Gup**

Master Instructor .....	Sa-Bom Nim	Class Dismissed.....	Hae-Cho
Instructor .....	Gyo-Sa Nim	Thank You .....	Gam Sa Ham Ni Da
Attention .....	Char-Yut	Body Punch .....	Momtong Jiruegi
Bow .....	Kyung-Yea	Front Kick .....	Ap Chagi
Training Hall .....	Do-Jang	Down Block.....	Arae Makki
Training Uniform .....	Do-Bak	Ready Stance .....	Joon Bee
Belt.....	Dee	Long Front Stance .....	Ap Koobi
Stop .....	Geu-Mahn		
1 Hanna	2 Dool	3 Set	4 Net
5 Dasot	6 Yosot	7 Ilgot	8 Yodul
9 Ahope	10 Yeul		

**(9<sup>th</sup>) Goo Gup**

Grand Master.....	Kwan Jang Nim	One Step Sparring.....	Il Boh De Rhan
Turn Around.....	DioRo Drat	Side Chop.....	Sonnal Chigi
Senior Student .....	Sun-Bae Nim	Side Kick .....	Yeop Chagi
Class (rank) .....	Gup	Round Kick .....	Doll-Yo Chagi
Hitting .....	Jireugi	Face Block.....	Eolgool Makki
Striking.....	Chigi	Side Block .....	Yeop Makki
Block .....	Makki	Spread Block .....	Hae-Cho Makki
Kick.....	Chagi	Back Stance.....	Duie Koobi

**(8<sup>th</sup>) Pal Gup**

Martial Art Student.....	Je Ja	Stand Up.....	Yi Ro Sut
Side .....	Yeop	Side Punch.....	Yeop Jireugi
Front.....	Ap	Reverse Punch (Middle) .....	Momtong Bah-ro Jireugi
Back .....	Duie	Inside Forearm Block .....	An Makki
Reverse.....	Bah-ro	Fighting Stance.....	Kiruegi Jasse
Sit Down .....	Ahn Jo	Walking Stance.....	Ap Soegi

**(7<sup>th</sup>) Chill Gup**

Hand.....	Son	Knee .....	Mu Roop
Elbow .....	Pal Gup	Foot .....	Bal
Arm .....	Pal	Face Punch .....	Eolgool Jireugi
Wrist.....	Pal Mok	Back Turning Side Kick .....	DioRo Drat Yeop Chagi
Neck.....	Mok	Horse Riding Stance .....	Mawtegi Jasse

**(6<sup>th</sup>) Uk Gup**

Start.....	Si Jahk	Jump .....	Twieo
Form.....	Poomse	Neck Chop.....	Mok Chigi
Breaking.....	Kyuk Pa	Inside Knife-Hand Strike.....	Sonal An Chigi
Degree .....	Dan	Jump Turning Side Kick .....	Twieo DioRo Drat Yeop Chagi
National Flag.....	Kook Ki		

**(5<sup>th</sup>) O Gup**

Right.....	Oreun	Double Knifehand Block .....	Momtong Sonnal Makki
Left.....	Oen	Outside Forearm Block.....	Bakat Makki
Backfist .....	Deung Joomeok	Pressing Block.....	Noolieo Makki
Spearhand Strike .....	Piun Son Keut Chiruegi	Ax Kick .....	Gee Gaw Chagi
Face Block/Neck Chop.....	Jebipoom Mok Chigi	Hook Kick .....	Hoo Ryu Chagi

**(4<sup>th</sup>) Sa Gup**

How Are You, Sir?.....	Ann Nyung Ha Ship Neega	X-Stance .....	Keo Seogi
Hammer Fist.....	Mae Joomeok	Spinning Heel Kick .....	Dui Doll Yo Chagi
Elbow Strike.....	Pal Gup Chigi	Front Stretch Kick .....	Ap Ol Lee Ghee
Elbow Smash.....	Pal Gup-Pyonjeok Chigi	Side Stretch Kick.....	Yeop Ol Lee Ghee

**(3<sup>rd</sup>) Sam Gup**

Palm Block .....	Batang Makki	Jump Spinning Heel Kick .....	Twieo Dui Doll Yo Chagi
Back Spinning Hook Kick.....	Dui Hoo Ryu Chagi		

**(2<sup>nd</sup>) Ee Gup**

Knee Strike.....	Mu Roop Chigi	Scissor Block.....	Gawi Makki
Ridge Hand Strike .....	Sonnal Deung Chigi	High Spread Block .....	Wong So Makki
Double Middle Punch.....	Dul Joomeok Montong Jireugi	Low X-Block.....	Eotgeoreo Makki
Low Double Knife Block .....	Arae Sonnal Makki	Crescent Kick .....	Bandal Chagi
		Tiger Stance.....	Beom Seogi

**(1<sup>st</sup>) Il Gup**

Upper Cut Punch .....	Oryo Jireugi	Low Double Fist Block.....	Geodeureo Arae Makki
High-Low Block.....	Oesanteul Makki	Jump Front Kick .....	Twieo Ap Chagi