



7th Gup, ORANGE BELT

Student's Name _____

GENERAL REQUIREMENTS

1. Must be a member in good standing of the E.H.A.
2. Minimum of 20 classes required prior to grading

GENERAL KNOWLEDGE

1. Name and location of Parent Organizations.
2. Name of Grandmaster of Moo Hak Kwan.

NAK BOP

1. Back kick breakfall
2. Back rolling breakfall
3. Back rolling breakfall with front kick
4. Jump side breakfall **or** forward roll over three people
5. Forward flip

HAND TECHNIQUES

1. Double low block
2. Four-directional block
3. Double forward elbow strike
4. Double back elbow strike
5. Double punch
6. Double palm strike
7. Double knife hand strike

JOK SUL

1. Chop kick
2. Inside Axe kick
3. Outside axe kick
4. Twisting kick
5. Rear leg hook kick
6. Hook kick **to side**
7. Slip hook kick
8. Back kick

HYUNG

1. Bulkyo Hyung



