**2nd Gup Training**

**Gi Cho:**

**Foot:**

 1. Peet Cha Gi

 2. E Dan Dwi Ahneso Pahkuro Cha Gi

 3. Ee Dan Dwi Pahkeso Ahnero Cha Gi

**Hyung:**

 1. Passai

 2. Nai Hanji Cho

 3. Chil Sung E Ro

**Il Soo Sik:**

 1. Ship Chil Bon

 2. Ship Pahl Bon

**Ho Shin Sul:**

 1. Side Il Bon

 2. Side E Bon