**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