**3rd Gup Training**

**Gi Cho:**

 1. Jang Kap Kwon Kong Kyuk

**Foot:**

 1. Dwi Ahneso Pahkero Cha Gi

 2. E Dan Dwi Cha GI

 3. E Dan Dwi Huri GI

**Hyung:**

 1. Pyung Ahn O Dan

 2. Passai

**Il Soo Sik:**

 1. Ship O Bon

 2. Ship Yuk Bon

**Ho Shin Sul:**

 1. Behind Il Bon

 2. Behind E Bon

**Combinations:**

1. Wheng Jin Kong Kyuk, Hu Jin Hu Gul Yup Mahk Kee, E-Dan Dwi Cha Gi